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Clean Eating

Improving your life one meal at a time.

MAY 2015

***60 Fresh,
Simple &
Seasonal
Recipes***

**GROW
YOUR
OWN
HERBS**
5 INSPIRED
RECIPES

**MEXICAN
COMFORT
FOOD**

LET GOOD HEALTH BLOOM:
**6 PLANTS
TO EAT NOW**

+ 400-CALORIE SLOW-COOKER PULLED PORK SANDWICH

Spring Herb Noodle Bowl

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**GLUTEN-FREE
MEALS**
+
**14-DAY
GLUTEN-FREE
MEAL PLAN**
+
SHOPPING LISTS





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Clean Eating

MAY 2015

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beginning
to
end:
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all
the
way
through.



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Clean Eating Fans Have Spoken

Why do you eat gluten free?

"I have celiac disease. So, kind of have to stay away from gluten."

– *Mish Bubb*

"I haven't been medically diagnosed with a gluten sensitivity or celiac, but I try to avoid gluten in my diet. My proof that it's a problem is that I get bloat, severe ankle edema and nasty digestive problems when I eat food containing gluten." – *Linda Swensen*

"Fibromyalgia... gluten makes me feel horrible." – *Christy Golema*



Classic Eggs Benedict with Lemon Basil Hollandaise



Biryani-Style Chicken Kamut



Butternut Squash Soufflés with Leeks & Gruyère

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1: According to internal industry analyses of product composition and <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3518271/#B7>



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SAVOR THE Season

Every year around this time I get a second wind of culinary inspiration as produce options blow wide open at markets, and seasonal farmers' stands begin to open up in and around Toronto as the ground finally defrosts and we're able to linger outdoors for more than just a few minutes without bundling up like we're going dog sledding.

In this issue, you'll really start to feel the spring food love, starting with a breathtaking guide to growing your own herbs on page 46. Learn how to grow a backyard or balcony container garden and then put your beautiful verdant friends on display in five inspired recipes like basil-lime sorbet and an herb-filled pasta primavera.

Of course, it's also Celiac Awareness Month, so we've curated a slew of gluten-free goodies for all of our readers with celiac disease or gluten sensitivities. Enjoy 28 recipes, a two-week gluten-free meal plan as well as an almond flour chocolate orange biscotti

we couldn't get enough of on page 88. Not every recipe is devoid of gluten though – that's just crazy. Have your gluten and eat it too, starting with a mind-blowing 400-calorie slow-cooker pulled pork sandwich with creamy slaw on page 33. This was my personal showstopper from the issue and I fell even deeper in love with it when I learned that it contains a quarter of the fat and half the carbs of your typical pulled pork bun. Next, head on over to page 58 for our dreamy make-ahead brunch recipes that include a strawberry clafouti, a cinnamon raisin French toast casserole, crepes, a goat

cheese tart and banana walnut crumble muffins. With so many special occasions on the horizon including Mother's Day, you'll want to keep this issue on hand for easy brunch entertaining that will make loved ones feel extra special, no matter what the occasion.

Don't forget to tag us when you post your *Clean Eating* recipes to social media @cleaneatingmag and use hashtag #cleaneatingmag. We just love seeing which recipes you were compelled to make and how you made them your own – and many of them make it to our Letters page!

Happy, Healthy May!

Alicia
Alicia Rewega
Editor-in-Chief

Tweet us @cleaneatingmag, @aliciarewega
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Gluten-free goodies for all of our gluten-abstaining friends.



Make-ahead brunches with all the gluten for those of you who couldn't tell Jimmy Kimmel what gluten is!



What is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation, leading to an improved life – one meal at a time.

Eat five to six times a day – three meals and two to three small snacks. Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

Choose organic whenever possible. If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least two liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of anything containing trans fats, anything fried or anything high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and our environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Slow down and savor. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Make it a family affair. Food is a social glue that should be shared with loved ones. Improve the quality of your family's life along with your own.

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alaina greenberg

GRAPHIC DESIGNER
TORONTO, ON

"I love taking someone's vision and making it a reality. The whole process – from the idea to the final product – is so rewarding," says Alaina Greenberg, who designed "Sweet Tooth" (p. 88) and "Meal Plan" (p. 71) among other stories for this issue. In addition to her love for cooking, Greenberg enjoys golfing, running, hot yoga and traveling.



kris osborne

PHOTOGRAPHER/
RECIPE DEVELOPER/
BLOGGER
TORONTO, ON
Throughout all aspects of her culinary career, "Kitchen Confidential" (p. 34) photographer Kris Osborne loves inspiring people "to eat for a more vibrant life." For her, clean eating means eating foods that are as close to nature as possible. "If there is one thing I know for certain, it's that we can never have too many vegetables!"



amie valpone

CHEF/BLOGGER
NEW YORK CITY, NY
"My grandma loved rhubarb, so I did some thinking about what she did to make it taste fabulous," says Amie Valpone of her inspiration for the "3 Ways with Rhubarb" recipes on page 14. When she's not in the kitchen developing recipes or writing for her blog, thehealthyapple.com, Valpone loves to visit farmers' markets as well as practice yoga.

Meet Our Experts

Q: Why is it necessary to bring eggs, milk and butter to room temperature in baking recipes?

– Kelly Christensen, AUSTIN, TX

A: The short answer is that room temperature ingredients simply blend together more easily than cold ones. When a recipe calls for you to blend the wet ingredients until "light and fluffy," you are actually trapping air in the batter. During baking, the air expands, helping the cake or cookie rise, producing a light and fluffy result. Cold ingredients just don't mix together evenly and the resulting baked goods will be much drier, chewier and more dense. Take your ingredients out of the refrigerator 30 to 60 minutes before you start baking. The exception to this rule is pie dough, for which you want the butter to be very cold. – Marianne Wren



Our Culinary & Nutrition Advisers



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Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss, nutrition and health.



tiffani bachus and erin macdonald

Co-owners of the U Rock Girl nutrition and training program (URockGirl.com), registered dietitians and nutrition, fitness and wellness experts.



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Clean Eating's Resident Foodie, food and travel writer and recipe developer. Her work has been featured in *Shape*, *Vegetarian Times*, *SELF* and *National Geographic Traveler*, among other magazines.



jo lusted

Clean Eating's Resident Chef, culinary instructor, freelance writer and author of *Dish Do-Over* (HarperCollins, 2014). Lusted regularly contributes to a variety of television programs and publications, including *Steven and Chris*.



marianne wren BA, CC

As both a recipe developer and food stylist, Wren has worked with various print and advertising clients. She completed her culinary training at Dubrulle French Culinary School and The Culinary Institute of America.



jill silverman hough

Writer, recipe developer, culinary instructor, author of the *100 Perfect Pairings* series and co-author of *The Clean Plates Cookbook* (Running Press, 2012).

EGGS PHOTO BY GARYSA/SHUTTERSTOCK, JULIE O'HARA PHOTO BY PAUL BUCETA, TIFFANI BACHUS & ERIN MACDONALD PHOTO BY JAMES PATRICK, JO LUSTED PHOTO BY PAUL BUCETA, JAMES SMITH PHOTO BY SWEETEST PHOTO COMPANY, HEATHER BAINBRIDGE PHOTO BY GRAIG JOLLEY, MARIANNE WREN PHOTO BY PIERRE GAUTREAU, JILL SILVERMAN HOUGH PHOTO BY KEVEN A. SEEVER, KRIS OSBORNE PHOTO BY BRIAN GONZAGA, ALAINA GREENBERG PHOTO BY ANTHONY VALPONE

Fresh Fig and Avocado Smoothie + Udo's Oil

Serves 4 (makes 4 cups)

1 ripe avocado, chopped with seed removed
 6-8 fresh figs, washed and quartered
 1 lemon, peel and seeds removed
 4 tbsp. Udo's Oil
 2 ½ cups water
 handful of raw almonds
 pinch of sea salt
 pinch of cayenne (optional)

1. Place all ingredients into blender and blend well;
2. Pour into individual glasses and serve.

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FOR MORE
GLUTEN-FREE
RECIPES,
FLIP TO OUR
2-WEEK MEAL PLAN
ON PAGE 71!

Your CE Recipe Guide

Find a wealth of gluten-free recipes along with springtime favorites that make the most of fresh, seasonal ingredients.

Legend | ● Quick (under 45 minutes) | ● Freezable | ● Vegetarian (may contain eggs and dairy) | ● Gluten-Free

Make it gluten-free ♦ Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari.
All of these ingredients are available in gluten-free and regular varieties.

GRAINS & VEGETABLES



● ● ●
Sautéed Chicory
Salad
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● ●
Orange, Beet &
Lentil Salad
WITH PISTACHIO-CRUSTED
GOAT CHEESE
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Sorghum Risotto
WITH ARTICHOKE HEARTS,
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Spring Frittata
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Seared Scallops
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Sorghum Risotto
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WITH HERBED
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● ●
Smoked Salmon
Salad
WITH STRAWBERRIES, GREEN
BEANS & WATERCRESS
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Mediterranean
Mahi Mahi
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Roasted Rhubarb &
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Orange, Beet &
Lentil Salad
WITH PISTACHIO-CRUSTED
GOAT CHEESE
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PASTA, SOUP & SALADS

POULTRY



Pasta Primavera
WITH SPRING HERBS
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Smoked Salmon Salad
WITH STRAWBERRIES, GREEN BEANS & WATERCRESS
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French Onion Soup
WITH BACON & CHEESY BAGUETTE
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Chicken & Mushroom Quinoa-Crust Pizza
WITH BELL PEPPER SAUCE
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Chicken, Artichoke & Baby Potato Roast
WITH GREEK HERBS & LEMON
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BEEF & PORK



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Ginger Basil Beef Stir-Fry
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Pork Saltimbocca
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Pork Tenderloin
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Balsamic Roasted Strawberry Clafouti
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Cinnamon Raisin Banana French Toast Casserole
WITH OAT CRUMBLE
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DESSERTS & DRINKS



Banana Walnut Crumble Muffins
WITH CHOCOLATE CHIPS
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Spring Frittata
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Orange Rhubarb "Sangria"
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Basil Lime Sorbet
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Hazelnut Raspberry Peach Bars
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Gluten-Free Pistachio Cranberry Biscotti
WITH DARK CHOCOLATE DRIZZLE
P. 88



NUTRITIONAL VALUES

The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.

We Hear You!

Tell us what you thought of this issue by emailing us at CEeditorial@aimmedia.com. Plus, get bonus recipes and more clean-eating content on social media.



"It's about time someone puts out recipes with just food, not processed 'fat-free' ingredients that trick people to think they're eating healthy." – Candie Reese



LETTER OF THE MONTH

NOM NOM NOM

My kids loved this #CleanEatingMag recipe! Hubby did too. Herby Chicken Kebabs with Olive-Studded Orzo (p. 28, March 2015). I didn't have enough orzo so I threw in some macaroni. Broiled the chicken and it was juicy tender, and the mint on top of the oil and spices? Divine and quick. – @aprilautumn1, via Instagram

RECIPE SUCCESS

Thank you for the simple yet extraordinarily tasty Quick Chicken Cacciatore recipe in your Jan/Feb 2015 issue (p. 18). Instead of making it into a bite-size recipe, I increased all the ingredients, added broccoli florets and had a wonderful dinner. This recipe is definitely a keeper. Next time I am going to kick up the spices even more!

– Sharon Klein, Jericho, NY

NEED THE FAT FACTS

I was reading, with great interest, the article "How We Got the Fat Thing All Wrong" in your March 2015 issue (p. 48). In the article, the writer mentions how the food industry created the idea that polyunsaturated fats were "the thing" to make us healthy, but they have since been shown not to be so. But then I was dismayed to note that several recipes in your magazine called for the polyunsaturated fat safflower oil when there are other neutral-flavored healthy oils available. Can you please shed some light on this?

– Bernadette Sabatini, Eatontown, NJ

Editor's Note: Thanks for your feedback, Bernadette. In hindsight, we should have noted that the type of safflower oil CE recommends is high-oleic safflower oil, which contains monounsaturated fats and is widely available at grocery stores. In our recipes, we also recommend cooking with saturated fats such as coconut oil, organic unsalted butter and red palm oil.



TACO TIME

A yummy @cleaneatingmag recipe: Salmon Tacos with Peaches & Fresh Basil (p. 15, March 2015) (minus the taco for me)

– @wowindc, via Twitter

@ACOOKWITHCURLS

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Peanut Butter Maple Banana Muffins #sept2014pg78



Chicken Salad Pesto Sandwiches (p. 20, Jan/Feb 2015) – I'm hooked! I added a little basil and tarragon, and stuffed half a pita. YUMMMM!

– Sheri Theroux, via Facebook

It was such a relief to read your article "How We Got the Fat Thing All Wrong" (p. 48, March 2015) on the new science of fat and cholesterol. Thank you for leading the charge.

– Stacey Hopkins, via Facebook

I just got your magazine from a friend. I LOVE it! It's about time someone puts out recipes with just food, not processed "fat-free" ingredients that trick people to think they're eating healthy. Bravo!!

– Candie Reese, via Facebook

LIVE LONGER

the Mediterranean way

Adding to the long list of health benefits of the Mediterranean diet is a recent study that found that strong adherence to the diet is associated with a longer life span in disease-free, middle-aged women. Researchers from Brigham and Women's Hospital and Harvard University examined the telomere length and dietary habits of 4,676 women from the Nurses' Health Study. While past studies have associated the Mediterranean diet with a reduced risk of cardiovascular disease and mortality, the new study published in the journal *BMJ* is particularly interesting because it found that participants who followed the Mediterranean diet had longer telomeres than those who didn't adhere to the diet. The Mediterranean diet consists of whole grains, vegetables, fruits, nuts, legumes and fish – and, to a lesser extent, dairy, meat and poultry – along with a regular, moderate intake of red wine with meals. Telomeres are an important biomarker of aging – longer telomere lengths indicate a longer life span while short telomere lengths indicate a shorter life span. The findings are just another reason to load your plate up with lots of fresh produce, lean proteins and healthy fats!

BENEFIT:

Spring onions are rich in the flavonoid quercetin, which may help prevent heart attack and stroke by hindering plaque accumulation in the arteries.

BENEFIT:

Cold-water fish, a staple of the Mediterranean diet, is an excellent source of anti-inflammatory omega-3 fatty acids.

3 ways with Rhubarb

Enjoy the sweet-tart fruit in these mouthwatering springtime recipes.

BY AMIE VALPONE, PHOTOGRAPHY BY KELLY BRISSON



Roasted Rhubarb & Fennel Salad

SERVES 4 to 6. Preheat oven to 450°F. In a single layer on a large baking sheet, toss 2 cups **diced rhubarb stalks** with 1½ tbsp **organic evaporated cane juice**. On a separate large baking sheet, toss 2 **sliced fennel bulbs** with 1 tbsp **extra-virgin olive oil** and ½ tsp each **sea salt** and **fresh ground black pepper**. Roast rhubarb until tender, about 7 minutes. Roast fennel until tender, about 20 to 25 minutes. Set aside both sheets to cool slightly. In a large skillet on medium, toast ¼ cup **chopped unsalted pistachios**, stirring occasionally, until fragrant, about 3 minutes. Set aside. In a large bowl, whisk 2 tbsp **balsamic vinegar**, 1 tbsp extra-virgin olive oil and salt and pepper, to taste. Add 6 cups **baby spinach**, 4 **thinly sliced chives**, roasted rhubarb and fennel; toss to coat with dressing. Garnish with 3 tbsp **crumbled goat cheese** and toasted pistachios.

benefit Nutrient-rich fennel is a great source of vitamin C, potassium and the anti-inflammatory compound anethole, which has shown potential for boosting your body's defenses against cancer.

All other diets **are**



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The National Weight Control Registry has conducted research that suggests a modified healthy lifestyle can result in effective weight management with long-term results.

The National Weight Control Registry is one of the largest study of individual's successful at long-term maintenance of weight loss.

Orange Rhubarb “Sangria”

SERVES 6. In a small saucepan, bring 3 tbsp **organic evaporated cane juice** and ½ cup water to a boil. Add 3 **diced rhubarb stalks** and remove from heat. Set aside to cool for 1 hour. Drain. Combine juice of **1 large orange**, 1 cup **blueberries**, 3½ cups **plain seltzer water**, 2 cups **flavored seltzer water** (such as cherry or strawberry) and rhubarb. Serve chilled over ice.

benefit Rhubarb's red stalks are full of B-complex vitamins, phytonutrients and antioxidants such as beta-carotene, which help prevent disease and elevate hair and vision health.



Pork Chops & Rhubarb Sauce



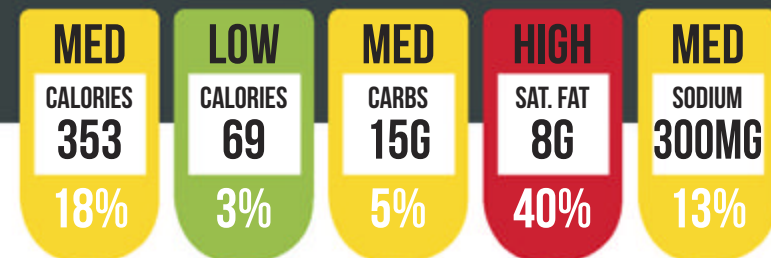
SERVES 4. In a small bowl, combine ½ cup **dried unsweetened raisins**, 1 tbsp **balsamic vinegar** and ¼ cup boiling water; set aside for 15 minutes. In a large skillet on low, heat 1 tsp **olive oil**. Add ½ cup **diced white onion** and cook until translucent, about 8 to 10 minutes. Add raisin mixture to onions with 2 cups **chopped rhubarb stalks**, ends removed, and simmer until rhubarb is tender, about 10 minutes. Add 1 tbsp **raw honey**, pinch of **ground cinnamon** and season to taste with **sea salt** and **fresh ground black pepper**. In a second large skillet on medium, add 4 6-oz **pork chops** and season with salt and pepper; cook 4 to 5 minutes per side or until desired doneness. Transfer chops to plates; pour sauce over top.

benefit Give your pork chops a nutritional boost with a flavorful rhubarb sauce. Rhubarb is full of fiber, which makes it great for aiding digestion. It's also a great source of vitamin C and K, plus phytonutrients for glowing skin.



TRAFFIC SIGNALS FOR FOOD?

What would influence you more on a food label: the nutrition facts label (calories, fat, protein, carbs, etc.) or a traffic light symbol (red, yellow or green light)? If you answered traffic light you're not alone. Researchers at the University of Bonn asked 19 women and 16 men to lie in a brain scanner while they looked at 100 products. The participants were given nutritional information about the products either by standard nutritional label or as a traffic light shortcut. Then they were asked how much they would pay for the product. The participants who saw a green traffic light were willing to pay a lot more money for the product than they would for the identical



product with a standard nutrition facts label on it. "The traffic light label probably implicitly focuses the consumers' attention on the long-term and health aspects of their choices," says senior study author Bernd Weber, MD, PhD. Researchers speculated that this is why participants exerted better self-control when it came to resisting unhealthy foods compared to a label containing nutrition information. But not everyone is on board with the traffic light shortcut. *Clean Eating's* resident

doc Jonny Bowden, PhD, thinks the traffic light idea is fraught with problems. "Ideas about saturated fat, and even salt, are changing drastically," he says. "Ten years ago, a cereal containing 26 grams of sugar per serving would have gotten a green light because it was low fat. The traffic light symbols are only good if everyone agrees on what is healthy, and right now, that agreement doesn't exist." So for now, keep reading the nutrition label to get the whole picture of what is in a product.

GO AHEAD - EAT THE YOLKS

After years of touting the harms of cholesterol, the United States' top nutrition advisory panel, the Dietary Guidelines Advisory Committee (DGAC), recently withdrew longstanding warnings about cholesterol-laden foods. Their report revealed that cholesterol is no longer a "nutrient of concern," as numerous studies have shown it has very little impact on our blood cholesterol levels. A caveat of this over-500-page report: High levels of "bad" LDL cholesterol (linked to heart disease) in the blood remains a health concern, and people with conditions such as diabetes should continue to avoid diets rich in cholesterol. Other recommendations in the DGAC report include reducing the amount of added sugar and sodium you consume, noting that added sugars should not comprise more than 10% of your total daily caloric intake. Additionally, the report advises avoiding trans fats and recommends keeping daily saturated fat intake to less than 10% of your daily calories. However, some experts disagree with the latter recommendation as an increasing body of research has found that saturated fat is not the villain it was once thought to be. In fact, *CE* regularly includes healthy saturated fats such as organic unsalted butter, coconut oil and lean red meats (preferably grass-fed) in our recipes. So while the reversal on cholesterol and recommendations to reduce sugar and salt in your diet are commendable, use your discretion when it comes your own dietary needs. The new guidelines will be published in the upcoming *2015 Dietary Guidelines for Americans*, which are expected to be released this fall.

chew on this
#94

Keep your fingers safe by placing a wine cork over the tip of a knife before placing it in a drawer with other utensils. It will keep your digits safe the next time you need to take it out of the drawer, too!



Gluten-Free Goodies

Enjoy pizza and baked goods tummy-trouble free with these 5 helpers that pass the rigorous clean-eating taste test! BY LAURA SCHOB

1 BREADS FROM ANNA PIZZA CRUST MIX

If you've given up searching for a gluten-free pizza crust that doesn't contain added sugars, additives or preservatives, don't despair – Breads from Anna Pizza Crust Mix delivers on all fronts. This pizza crust mix also meets *Clean Eating* standards for packing in healthful nutrients like protein, fiber and iron. Made of ingredients such as navy and pinto bean flours, chia flour and chickpea flour, this healthy crust can also be used to make puff-perfect calzones and quesadillas.

2 NAMASTE FOODS GLUTEN-FREE BROWNIE MIX

This delicious brownie mix gives rise to moist, gooey brownies with all the sweet taste you'd expect from a regular brownie recipe but without the gluten or wheat. Namaste Foods Gluten-Free Brownie Mix contains preservative-free ingredients such as sweet brown rice flour, Dutch cocoa and arrowroot powder. Just combine this *CE*-approved mix with eggs, water and oil for a luscious chocolaty dessert your taste buds won't soon forget.

3 BOB'S RED MILL GLUTEN-FREE ALL-PURPOSE BAKING FLOUR

Bob's Red Mill Gluten-Free All-Purpose Baking Flour's blend of garbanzo flour, potato starch, whole-grain white sorghum flour, tapioca flour and fava bean flour results in fluffy pancakes, perfectly textured waffles and deliciously chewy cookies. One 34-gram serving of this *CE*-worthy flour gives you 10% your daily value (DV) of fiber and 6% of your DV of iron.

4 KING ARTHUR GLUTEN-FREE WHOLE-GRAIN FLOUR BLEND

Made with a nutritious blend of whole-grain flours milled from ingredients such as sorghum, brown rice, amaranth and millet as well as tapioca flour, King Arthur Gluten-Free Whole-Grain Flour Blend is a superb gluten-free option for breads, desserts and more. Each 30-gram serving is a good source of nutrients such as protein, fiber, iron and calcium.

5 ZEMAS MADHOUSE FOODS CINNAMON OATMEAL APPLE MUFFIN MIX

Zemas Madhouse Foods Cinnamon Oatmeal Apple Muffin Mix makes baking crumbly, moist muffins fast and easy. This vegan, gluten-free and Non-GMO Project-verified mix contains oat flour, palm sugar, organic cinnamon, chia, hemp and flax meal, providing nutrients such as omega-3s, protein, fiber as well as free radical-fighting antioxidants.



PHOTO BY BRANDON BARRE

Southwest Salad with NEW
Chipotle Black Bean Crumbles™



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JUST WHAT THE
WORLD ORDERED™

SIMPLY DELICIOUS SNACKS & SAUCES

Scrumptious clean eats our editors are coveting now.

BY LAURA SCHOBER

1. SNACK PACKS

Comprised of just two wholesome ingredients – organic dehydrated banana paste and organic coconut flakes – Barnana Organic Coconut Chewy Banana Bites are a delicious, lip-smacking snack for both kids and adults alike. These fiber-rich nuggets make an ideal snack for the office, on the road or as a pre- or post-workout bite.

\$4 per 1, \$12 per pack of 3, barnana.com

2. CRUNCHY CRACKERS

With just 130 calories per 15 crackers, Crunchmaster 7 Ancient Grains Crackers in Hint of Sea Salt makes a satisfying, waistline-friendly afternoon snack. Each cracker contains a blend of gluten-free grains including quinoa seeds, sesame seeds, sorghum flour, flax and amaranth seeds, giving these crackers just the right amount of crunch and flavor to accompany everything from cheeses and lean deli meats to nut butters.

\$3, crunchmaster.com

3. MADE-OVER MAYO

You won't find any canola oil in this creamy mayo! Instead, Primal Kitchen Mayonnaise includes healthy fats like avocado oil and cage-free eggs as well as flavor boosters such as organic vinegar, sea salt and rosemary extract for a succulent spread that will appeal to Paleo devotees.

\$7.50, thrivemarket.com

** Use the promo code **CLEANEATS** to get a two-month complimentary membership to Thrive Market!*

4. CAN YOU FEEL THE HEAT?

Habanero peppers, mango juice and pineapple juice add a nice kick of sweet 'n' spicy heat to Homesweet Homegrown Hot Sauce in Aramingo, which also contains pure ingredients such as carrots and onions as well as chia seeds for thickness. As a bonus, the proceeds from the sale of every bottle help convert GMO cornfields back to organic pepper fields.

\$6 per 5-oz bottle, homesweethomegrown.com

These potassium-rich snacks provide great fuel for workouts, and best of all are sugar-free, so they don't sap my energy afterward.

BIANCA DIPIETRO, ART DIRECTOR

"I'm not usually a fan of hot sauce, but this ultra-mild one won me over with its unique, fresh, home-style flavor. I use this with eggs, steamed veggies and even on tortillas – it's so versatile."

LAURA SCHOBER, ASSOCIATE EDITOR & RESEARCH CHIEF



ASK OUR

dietitians



Got a food question? We have the answers.

Q When is the best time to take my vitamins?

A The timing of when you take your supplements can significantly affect the way in which your body can absorb and utilize the nutrients. Fat-soluble vitamins (A, D, E and K) and omega-3s are better absorbed when taken with a meal that contains fat. Probiotics are best taken on an empty stomach so that there's nothing to interfere with the good bacteria from getting to work. Vitamin B₁₂ is also better absorbed on an empty stomach because an acidic environment increases absorption. B-complex vitamins should be taken early in the day, preferably with your first meal, as they help the body produce energy from food and taking them later in the day can interfere with your sleep. Iron and calcium should never be taken together as they compete for receptor sites; take iron during the day with some vitamin C to increase absorption. If you drink coffee or tea, the tannins and caffeine can interfere with absorption of many vitamins and minerals, especially iron. Caffeine also increases urination, which can decrease concentration of water-soluble vitamins (B-complex and C), so wait an hour after your morning brew to take supplements. Caffeine-free herbal tea, which contains fewer tannins than regular tea, may actually increase absorption of certain minerals such as iron.

(EDITOR'S NOTE: This advice reflects the recommendations of our dietitians, but *CE* recommends also speaking with your health-care provider before beginning any supplement regimen. Supplement timing can vary depending on your health goals and certain health conditions.)

Q Are the Bulletproof Coffee and the Bulletproof Diet really safe ways to lose weight and increase energy? Do they offer any health benefits?

A The much-buzzed-about Bulletproof Coffee and the Bulletproof Diet plan were started by Dave Asprey, an American technology entrepreneur who lost 100 pounds from his plan. The coffee is a blend of Bulletproof's specially sourced ground "Upgraded Coffee," unsalted grass-fed butter and a "Brain Octane" mix of palm kernel and coconut oils, which racks up approximately 500 calories and 55 grams of fat. The diet consists of a low-carb intermittent eating plan that cuts out gluten, grains, pasteurized dairy, sugar and legumes (except for sprouted or fermented beans), and allows very limited amounts of fruit. Foods that are allowed include grass-fed meat, wild seafood and organic fruits and vegetables. Followers of the diet are advised to eat only in the hours between 2 pm and 8 pm. The problem with these drastic weight-loss plans is that they are very difficult to stick with over time. For the Bulletproof Diet in particular, the quality of its scientific health claims are poor as most of the research has been done on rats and mice, while other studies cited were done on small groups of people. When searching for a safe way to lose weight and increase energy, put aside time to exercise and plan to cut just a few hundred calories from your daily clean-eating lifestyle.

Registered dietitians **Tiffani Bachus** and **Erin Macdonald** are the co-founders and creators of **URockGirl.com**, a website dedicated to promoting wellness and a healthy, balanced lifestyle.

PRESERVE YOUR BRAIN

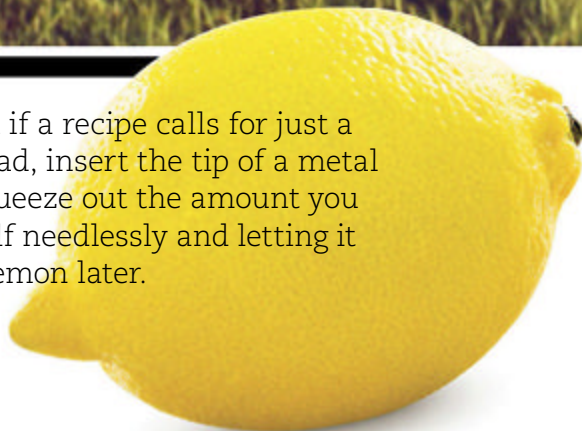
Consider adding regular “oms” to your daily life – a recent study conducted by the University of California, Los Angeles (UCLA) has discovered that people who meditate are best primed to preserve their brain’s gray matter. Gray matter is that all-important neuron-containing tissue that helps us process information. Our brains need every boost it can get as it loses volume and weight beginning in our mid to late 20s. With this tissue withering, the brain can begin to lose some of its functional activities. In the study, which follows a whole host of studies touting the benefits of meditation, comparisons were made between 50 people (ranging in age from 24 to 77) who had meditated for years and 50 who didn’t. According to researchers, both groups showed a loss of gray matter as they became older, but among those who did meditate, the volume of gray matter didn’t decline as much as those who didn’t meditate. A co-author of the study, Florian Kurth, MD, PhD, said that the results exceeded their expectations as the team observed “a widespread effect of meditation that encompassed regions throughout the entire brain.” With meditation programs increasing in popularity, check out the options in your city for health benefits that will do your brain a whole world of good.

MEDITATION: TEXT BY LAMBETH HOCHWALD; MEDITATION: ANNETTE SHAFER/SHUTTERSTOCK; LEMON: EGOR RODNYCHENKO/SHUTTERSTOCK; DOG: JENNY STURM/SHUTTERSTOCK

chew on this

76

Don’t waste an entire lemon if a recipe calls for just a small amount of juice. Instead, insert the tip of a metal skewer into the fruit and squeeze out the amount you need. By not cutting it in half needlessly and letting it dry out, you can reuse the lemon later.



A TRICK-WORTHY SNACK

We promise your doggy won't be able to resist these carrot- and coconut-laced biscuits, baked to perfection using just a handful of clean ingredients and pantry staples.

Ginger Coconut Carrot Biscuits

RECIPE AND IMAGE BY
DOGGYDESSERTCHEF.COM

MAKES 2 TO 3 DOZEN BISCUITS.

INGREDIENTS:

- › 1 carrot, grated
- › 1 cup brown rice flour
- › ½ cup dried flaked or shredded unsweetened coconut
- › ½ cup coconut milk
- › Pinch ginger



INSTRUCTIONS:

one: Preheat oven to 325°F and line a baking sheet with parchment paper or a silicone baking mat.

two: In a large bowl, mix all ingredients one at a time, kneading well after each addition.

three: Roll into ½-inch balls and place them 1 inch apart on prepared baking sheet. Press down on the tops with a fork to flatten.

four: Bake for 25 to 30 minutes. Let cool and refrigerate in airtight containers.

***NOTE:** When introducing new foods to your pets, CE recommends first giving them a small amount and keeping an eye out for possible allergic reactions. As always, while you are trying to make a healthier choice for your pet, you may wish to consult with your veterinarian first. They can also inform you of specific breed requirements for a healthy diet.



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Powerful Purslane

BY KAREN MORSE

Once a popular vegetable of Ancient Rome, purslane grew as a weed for centuries before regaining its status as a cultivated culinary green in the United States. With more omega-3 fatty acids than any other leafy green and an abundant dose of antioxidants, this tart succulent plant is a forager's dream that can help prevent heart disease, keep your immune system humming and even protect against some types of lung and oral cancers. You'll find these paddle-shaped greens beginning in the early days of spring at farmers' markets and specialty food stores.

MARKET NAMES: verdolagas, wild portulaca, duckweed

STORE IT: Refrigerate up to 4 days.

EAT IT: The soft stems and leaves of this lightly bitter green are eaten raw in salads mixed with your favorite lettuce, on sandwiches or as its own crunchy snack. Thanks to its lemony-peppery flavor, purslane is also delicious when added to soups and stews or used as a topping for homemade pizza.

PREP IT: Rinse under cool running water or with other leafy greens in a cold water bath.

HEALTH BENEFITS: Rich in vitamin E and beta-carotene, this nutritional powerhouse boasts serious superfood properties. It doesn't stop there – purslane is also a rich source of vitamin A, vitamin C, B-complex vitamins as well as potassium, magnesium and iron.

IN SEASON: Late spring to early fall.



PURSLANE TWILIGHTARTPICTURES/SHUTTERSTOCK



A Sense of Purpose May Help Protect Your Heart

Having a sense of purpose in your life may do more than just give you a feeling of fulfillment. That same sense of purpose that makes life meaningful may also make it longer, by protecting you from both heart disease and stroke. In a meta-analysis presented at a March meeting of the American Heart Association, researchers reviewed 10 studies with data from over 137,000 participants and looked at measures of “sense of purpose,” which they then correlated with overall death rates and risk of cardiovascular events. The conclusion was irrefutable – those with a low sense of purpose were significantly more likely to experience cardiovascular events and were significantly more likely to die. Those with a high sense of purpose saw a 23% reduced risk of death from all causes and a 19% reduced risk of heart attack or stroke. This is hardly the first time research has confirmed the protective effects of self-purpose, however. Back in the 1970s, Harvard and Yale researchers gave residents of a nursing home a plant – half were told they were responsible for the plant, while the other half were told that the nursing staff would care for it. The group that took care of the plant themselves had lower mortality rates and higher ratings of psychological and physical well-being. **Bottom line:** Find a purpose. Whether that’s giving back to your community by volunteering, coaching your kid’s soccer team or taking up a new hobby, taking some of the focus off your own life winds up extending it.

RUN TO STAY YOUNG

While walking has long been touted as a great way to stay healthy, running may reverse the aging process in a different way, according to a recent study conducted by the University of Colorado, Boulder and Humboldt State University. In the study of active older people, researchers found that seniors who run several times a week expend the same amount of energy as a typical 20-year-old does when walking down the street. To discover this, the researchers recruited 15 healthy older men and 15 older women (with an average age of 69) who ran or walked at least three times a week for a minimum of 30 minutes per workout. After being screened, the subjects walked on a force-measuring treadmill and had their oxygen consumption and carbon dioxide production measured while they used the treadmill at three speeds. Researchers also compared their results to data on younger and sedentary older adults who did similar walking treadmill tests. The outcome? Those older adults who ran regularly were better walkers than older adults who regularly walk for exercise. What’s the takeaway if you’re young? Regular running “slows down the aging process,” the authors say, which will ultimately allow you to move more easily when you get older.



chew
on this

#149

No milk frother?

Try using a handheld tea infuser ball to whisk your warm milk instead. The holes of the infuser separate the liquid and introduce air to the milk, creating a wonderfully foamy liquid for your cup of coffee or tea lattes.

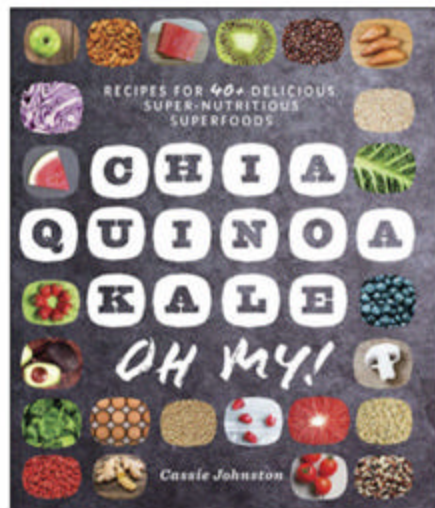
GOOD READS

BY LAURA SCHOVER

Add fresh inspiration to your menu planning with these healthy cookbooks abounding in superfoods and natural ingredients.

CHIA, QUINOA, KALE, OH MY!

In Cassie Johnston's *Chia, Quinoa, Kale, Oh My!*, over 40 superfoods are beautifully showcased in all their culinary glory among colorful, mouthwatering photos. Nutrient-rich foods such as hemp, freekeh, acai, walnuts and dark chocolate lend their unique flavors to a wide array of dishes. If you're craving a sweet breakie or snack, the Oatmeal-Raisin Breakfast Cookies will do the trick while dishes such as Creamy Chicken and Kale Alfredo, Sunshine Salad with Green Tea Vinaigrette (containing matcha) and sides such as Greek Freekeh-Stuffed Zucchini provide creative twists on classic recipes. Johnston makes good use of clean ingredients such as whole-wheat flours, pastas and breads, fresh produce and natural thickeners such as arrowroot, so it's easy to follow her recipes without resorting to substitutions. You'll also find information on the health benefits and nutrition data of certain power foods as well as tips on how to use some of the lesser-known ones, making these wholesome foods a breeze to incorporate into your clean-eating lifestyle. **By Cassie Johnston (Countryman Press, \$22)**



KEEP IT VEGAN: OVER 100 SIMPLE, HEALTHY & DELICIOUS DISHES

In her new cookbook *Keep It Vegan: Over 100 Simple, Healthy & Delicious Dishes*, former actress and food and lifestyle blogger Aine Carlin sets out to show that vegan recipes don't need to be bland or full of preservative-filled meat, egg or dairy substitutes. Using fresh farmers' market ingredients and mostly clean supermarket products, she's come up with scrumptious, healthy recipes for everything from breakfast and lunch to dinner and dessert. Although ingredients such as agave nectar and Tabasco sauce pop up, the focus is on fresh, natural ingredients and many of these recipes can be adjusted with substitutions. Must-try dishes include Pan-Fried Paprika-Spiced Sprouts, Simple Herb Pasta with Slow-Roasted Tomatoes and coconut-dusted Carrot Cake Bites sweetened with Medjool dates, spices and orange zest. Even if you're not vegan, this cookbook hits the mark for crowd-pleasing meals that don't skimp on health. **By Aine Carlin (Kyle Books, \$20)**



EDITOR-VETTED: FOOD ALLERGY APP

If you have a family member with food allergies or a food intolerance, the new mobile and tablet app from **contentchecked.com** has got you covered. ContentChecked analyzes over 70% of supermarket products in the United States, making it easy for shoppers with dietary requirements or preferences to find products that are free of common allergens, artificial sweeteners, preservatives and more. There's also a second version of the app that offers options for those suffering from migraines or chronic headaches who want to avoid trigger foods. Choose which ingredients you want or don't want by entering in your preferences, then simply scan a product's barcode with your phone to find out if it suits your preferences, or get a list of recommended products tailored to your dietary selections. New products are added every week and a team of nutritional experts overlooks the app's data to ensure it checks out against the most up-to-date scientific research. This app is bound to save you time in the grocery store aisles and simplify the process of finding products that are safe for you or your loved ones with allergies or dietary restrictions.

\$3, contentchecked.com





FROM FARM TO FRONT DOOR

Whether you're looking for a simplified way to grocery shop or have a hectic week ahead, we've rounded up some of the best organic produce delivery services you can turn to when you need fresh, delicious ingredients that come to you. **BY LAURA SCHOBER**



Best for:
ORGANIC FOOD DEVOTEES

Farmbox Direct

farmboxdirect.com

HOW IT WORKS: You receive a weekly or bi-weekly biodegradable box of fresh, 100% USDA certified organic ingredients delivered to your door. With three different sizes depending on your needs, you can select a mixed-produce box or an all-fruit or all-veg box. Each week before delivery, you'll be sent an email with your customized menu – if you don't like a particular ingredient, you can choose up to five substitutions. Farmbox Direct also allows you to customize your delivery schedule to make it work for you – for instance, if you need to skip a delivery – making it a flexible plan for those who travel frequently. Bonus: The service also offers weekly juicing boxes containing enough produce to make one to two juices a day.

PRICE: \$37 to \$59



Best for:
HEALTH-CONSCIOUS FOODIES

HelloFresh

hellofresh.com

HOW IT WORKS: Each week, HelloFresh chefs create new recipes (overseen by an in-house dietitian) for both traditional and exotic dishes. You get the choice of a Classic (omnivore) or Veggie box with delicious farm-fresh ingredients and step-by-step recipe cards. The company's mission is to get you "nutritious and delicious meals on the table" and it really delivers on that front. HelloFresh boxes cover three meals for two or four people, making it a customizable option for healthy eaters looking for originaive, new-fashioned meal choices that go outside the typical meal-delivery box.

PRICE: \$69 to \$129



Best for:
ADVENTUROUS COOKS

PeachDish

peachdish.com

HOW IT WORKS: With a goal to "make cooking an adventure," PeachDish delivers local, seasonal, pre-measured ingredients to your doorstep along with recipe instructions. You'll receive enough food to make two healthy, Southern-inspired meals for two people, making it ideal for couples or roommates. (For an added cost, you can increase the number of servings up to 8.) Gourmands will like the choice and variety of ingredients, with past menus including foods such as casarecce pasta, ground duck and dandelion greens. Customers can choose between vegetarian and meat-based meals, and also opt in and out of weekly deliveries for greater flexibility to suit your lifestyle. Thanks to the recipe cards that come with this service, you'll learn new cooking techniques and experience new flavor combinations – but just make sure to swap out some of the less clean ingredients provided such as canola oil and sugar for CE-approved ones where necessary.

PRICE: \$50 to \$122



Best for:
VEGETARIANS

The Purple Carrot

thepurplecarrot.com

HOW IT WORKS: Perfect for those who want to do their own grocery shopping some of the time, The Purple Carrot delivers a package of pre-measured local or organic raw, non-GMO ingredients to make two healthy, plant-based meals and snacks per week. This service is ideal for families since the meals serve up to four people and don't contain heavily processed or artificial ingredients that other meal-delivery services can contain. The boxes come with easy-to-follow instructions and most meals take just 30 to 40 minutes to prep. An added benefit of this service is the nutritional information that comes with the recipes, so you can stay on track with your healthy-eating plan.

PRICE: \$59

A Heavenly **HOMEMADE BODY SCRUB**

Bring the spa to you and get your summer glow on. Exfoliating is often overlooked, but it's a necessary step in keeping skin looking clear and radiant. With this invigorating and moisturizing face and body scrub, you'll be nourishing your skin with nothing but the good stuff!

BY LAUREN TOYOTA

**Make
This
Today**

This combination of ginger, lime, Sucanat and coconut oil works wonders on your skin. The antioxidants in ginger help to preserve skin's youthful appearance while lime juice acts as a pore-tightening astringent to ward off bacteria that can cause blemishes and acne. Coconut oil is a luxurious natural moisturizer, and Sucanat gives this scrub a sweet smell while sloughing dead skin cells.

Ginger Lime Sugar Scrub

MAKES ½ CUP.

INGREDIENTS:

- ▶ Juice of half a lime
- ▶ ½ cup Sucanat
(**TRY:** Wholesome Sweeteners Organic Sucanat)
- ▶ ¼ cup virgin coconut oil, warmed or at room temperature
- ▶ 2 tbsp peeled and finely grated fresh ginger

**Organic ingredients preferred.*

INSTRUCTIONS:

- 1** To a mixing bowl, add all ingredients.
- 2** Using a hand mixer, beat ingredients together until smooth. (Alternatively, you can whisk by hand.)
- 3** Transfer mixture to a wide-mouth, shallow jar or a small bowl you can take into the shower. Refrigerate any leftovers and use it a second time during the week after 3 to 4 days. It will warm up in the shower or as you rub it into your skin.

TIP: Be very gentle when exfoliating and don't over-scrub. You may need to go over any rough areas on your body like knees, feet and elbows a couple of times, but be extra sensitive when exfoliating your face. Wet your face with warm water, then gently massage 1 to 2 tsp of the scrub into the skin in small, gentle circles, using only the ring and pinky fingers of each hand and very little pressure. (**TIP:** You only need to go over your face once with this motion.) Rinse with warm water.



Lauren Toyota is a Canadian television personality, hobby cook and blogger. She and her partner spend their free time in the kitchen creating tasty recipes and advocating a clean lifestyle through their blog, hotforfoodblog.com. Aside from what's on your plate, Toyota believes that what you put on your body is just as important. On their blog, you'll find quick and easy ideas to transform your life with do-it-yourself, all-natural cleaning and beauty product recipes. She hopes their blog will inspire and motivate people to live a clean, healthy and cruelty-free life. hotforfoodblog.com

Skin Helpers

Keep your skin smooth and radiant with these must-have exfoliating accessories. BY LAURA SCHOBBER

BYE-BYE, LIZARD SKIN

When it comes to banishing dry, flaky skin, our secret weapon of choice is The Body Shop's Exfoliating Bath Gloves. These gloves increase the lather of your exfoliant or body wash and effectively slough off dead skin cells to reveal softer and smoother skin – and a sexy glow just in time for spring! **\$5, thebodyshop-usa.com**



PUCKER UP

Eco Lips ONE WORLD Relax Calming Lip Balm softens lips and prevents them from chapping for the perfect pout. In addition to the relaxing scents of lavender and vanilla, this lip smoother contains fair-trade or organic ingredients such as moisturizing olive and fruit seed oils, cacao seed butter and beeswax to baby your lips with extra TLC. **\$6, ecolips.com**



SKIN FOOD

Dragon's Blood Zum Oil rejuvenates dull, dry skin with its unique blend of moisturizing ingredients such as shea butter, dragon's blood-infused organic sunflower oil and almond, avocado and coconut oils. Dragon's blood is a bright red tree resin that's packed with antioxidants and revered for its healing properties. With a subtly earthy scent tinged with beautiful floral notes, this body and massage oil is just the thing your skin needs to transition into spring. **\$13.50, indigowild.com**



Let Good Health **BLOOM**

6 Snappy Plants for
Your Best Health.

BY SARAH TUFF

1 **Pea Protein**

FLOWER POWER: If you're concerned about cholesterol, incorporating a smoothie made with pea protein into your daily routine could be the path to clearer arteries. Studies have shown that by stimulating the digestive system, pea protein might lower cholesterol. It's also gluten and lactose free, making it easier for some people to digest than other forms of protein, and it's high in the amino acid arginine, which improves circulation and strengthens the immune system.

HOW TO PICK IT: Mix pea protein into your morning and post-workout smoothie.



LEAD PHOTO KLETR/SHUTTERSTOCK, LICORICE ANTONIO GRAVANTE/SHUTTERSTOCK, POTATOES SERGEY MIRONOV/SHUTTERSTOCK, WILD CUCUMBER PHILL/SHUTTERSTOCK



3 Licorice Extract

FLOWER POWER: Can eating licorice actually help you fight off obesity? Maybe – but not the sugar-filled variety found in the candy aisle. According to a report in the December 2014 issue of the *Journal of Leukocyte Biology*, the plant *Glycyrrhiza uralensis*, or Chinese licorice, has a component that may help prevent the metabolic disorders that serve as precursors to obesity. That component, isoliquiritigenin, was effective in reducing inflammation from high-fat diets.

HOW TO PICK IT: Isoliquiritigenin isn't available as a stand-alone supplement yet, but licorice root can be found as a stick, powder, pill or liquid; ask your health-care provider about taking the extract, as the National Institutes of Health cautions against people with heart problems or high blood pressure consuming it in large amounts.

2 Oat Oil

FLOWER POWER: It may be time to sow some wild oats – or at least reap the benefits at breakfast time. Swedish researchers have found that oil made from oats makes you feel fuller throughout the day than other morning meals, most likely because of the way it delays fat's breakdown and uptake in the stomach.

HOW TO PICK IT: Keep eating your morning oatmeal. Another new study by Harvard University, published in the January 2015 edition of *JAMA Internal Medicine*, reveals that those who ate 28 grams of whole grains (the approximate amount found in a bowl of oatmeal) reduced their risk of premature death due to cardiovascular disease by 9%.

4 Potato Extract



FLOWER POWER: Carb-counting dieters have been shunning the lowly potato for years, but it turns out the tuber may actually help you lose weight, reports McGill University in Montreal, Canada. Mice fed an extract derived from 30 potatoes were less likely to gain pounds, even when ingesting high-fat foods.

HOW TO PICK IT: Since it's the polyphenols in potatoes that seem to provide the benefits, stock your fridge with polyphenol-containing fruits and vegetables such as blueberries, broccoli, apples and spinach.

5 Spice Mix

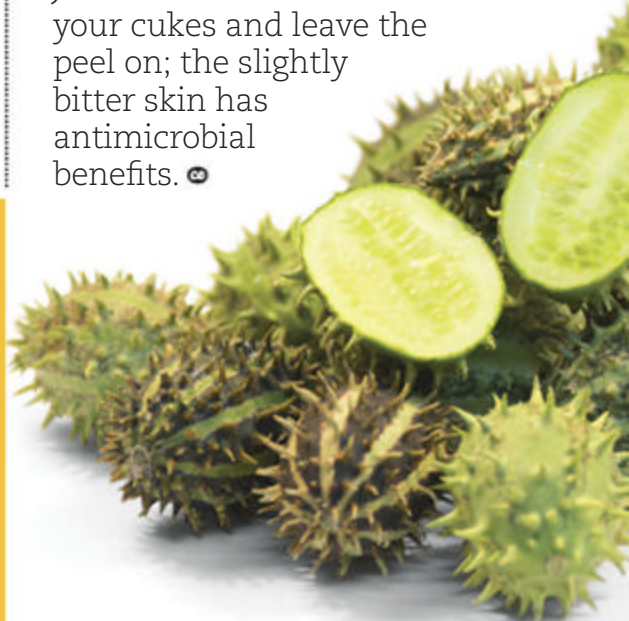
FLOWER POWER: Time to raid the spice cabinet for not one, not two, but many meal-enhancing spices. That's because adding a mix of antioxidant-rich spices such as turmeric, cinnamon and more to a high-fat meal can help reduce triglycerides, according to Penn State researchers. In their study, published in *The Journal of Nutrition*, they found that adding a mix of rosemary, oregano, cinnamon, turmeric, black pepper, cloves, garlic powder and paprika to a meal of chicken curry, Italian herb bread and a cinnamon biscuit was able to reduce blood triglyceride levels by 30%.

HOW TO PICK IT: Mix your own spice blend at home to add to your clean-eating recipes, or use the ingredients as a base for an oil and vinegar salad dressing.

6 Wild Cucumber

FLOWER POWER: Scientists have spent years breeding the bitterness out of cucumbers, but it's those bitter compounds that may have the most potential for keeping you healthy, researchers report. In a study from the University of California, Davis, published in November 2014 in *Science*, plant biology professors found that cucurbitacin in the leaves, stems and roots of certain plants including wild cucumbers, may kill or suppress cancer cells and may also have the potential to help treat diabetes.

HOW TO PICK IT: Although wild cucumbers are inedible and cucurbitacin needs further study before it's potentially used for medicinal purposes, the humble cucumber still has potent health benefits. Just make sure to wash your cukes and leave the peel on; the slightly bitter skin has antimicrobial benefits. 🥒





YOUR RESIDENT
FOODIE
JULIE O'HARA

400-Calorie Pulled Pork Sandwiches

Luscious pork shoulder and tangy barbecue sauce can be part of your clean eats plan – if you follow our easy slow-cooker method, that is.

BY JULIE O'HARA, PHOTOGRAPHY BY BRANDON BARRÉ

Everyone needs a great recipe for pulled pork sandwiches. They're a classic crowd-pleaser that work for nearly any occasion. If you've hesitated to try pork shoulder because it's a fattier cut or because it's usually doused in sugar-and-salt-laden barbecue sauce, there's no need to worry. It turns out that the way you cook and serve it makes all the difference. So who's our hero in this story? The slow cooker, of course!

The lean way to slow cook

No other method makes pork shoulder perfectly juicy and fall-off-the-bone tender every time. The slow cooker does have a pitfall, though, and this is why many traditional slow-cooker recipes don't fit into the clean eats category. In most cases, a slew of ingredients are added along with the meat to form a sauce. Unfortunately, the fat that melts away from the meat during cooking ends up in that sauce, diluting the flavor and adding extra fat. Then, we're instructed to add this sauce (usually full of processed ingredients like ketchup and sugar) to the cooked meat, along with purchased, sugar-packed barbecue sauce to make up for missing flavor.

For my first attempt at making over this recipe, I tried getting those cooking juices to work in my favor. I skimmed the fat off my sauce in the slow cooker, but it still tasted watered down. Why

go through the effort of making a sauce if I just needed to add a second sauce to the meat later on? The solution was to simplify. Instead of a long list of ingredients, I seasoned the meat with spices so the flavor would be on the pork, not in the cooking liquid, and added a bit of water for moisture. Then I made a sweet and tangy barbecue sauce using clean ingredients on the stove top.

Getting the details right

This simple method worked perfectly, and the meat was juicy and tender. Two more lessons I learned in the process: First, buy a bone-in pork shoulder because meat cooked on the bone is always more tender. Since most of the fat on this cut is on the outside, trim what you can, and you'll be left with reasonably lean meat. Next, don't skip searing before you fire up the slow cooker. This creates a caramelized crust and cuts down on time by heating up the roast before it goes into the slow cooker.

Finally, there's no better topper than coleslaw, but I've always found the traditional style a little bland. So, I created a slaw that's packed with flavor and texture. Yogurt keeps it creamy, cider vinegar keeps it tangy, and poppy seeds add a little something special. Serve it on a whole-wheat bun and this is a clean sandwich that stays true to the classic and gives your taste buds even more bang for the buck.

5 More Ways to Use Pulled Pork

Barbecue sauce is a must for these sandwiches, but it's not the only way to dress up our slow-cooker pulled pork. Here are more great meals using this additively delicious protein.

TACOS: Serve shredded pork with warm corn tortillas, onions, cilantro and your favorite fixings.

PORK RAGU: Simmer shredded pork with marinara sauce just until the flavors blend and serve over whole-wheat pasta. It'll taste like you spent all day cooking.

PULLED PORK PIZZA: Scatter shredded pork over whole-wheat dough and top with caramelized onions, Monterey Jack, pineapple and some of that delicious homemade barbecue sauce.

ENCHILADA FILLING: Whether you go with the classic red enchilada sauce version or a creative take with spinach, black beans and tomatillo salsa, shredded pork makes a perfect protein for this Mexican dish.

FRIED RICE: Stir-fry shredded pork with cooked brown rice, beaten eggs and veggies (try scallions, bell peppers, carrots and bean sprouts). Season with tamari and sesame oil, and dinner is done in less than 15 minutes!

As a seasoned writer and recipe developer, *CE's* Resident Foodie Julie O'Hara has delved into everything from restaurant reviews of tasty travel hot spots to offering up her insider tips for preparing a deliciously clean turkey dinner. Her work has also graced the pages of *Shape*, *National Geographic Traveler*, *SELF* and *Vegetarian Times*. Plus, she blogs about cooking! aminglingoftastes.com

Slow-Cooker Pulled Pork Sandwiches

YOU SAVE: 473 CALORIES, 35 g TOTAL FAT, 33 g SUGARS, 2,941 mg SODIUM

SERVES 10. **HANDS-ON TIME:** 55 MINUTES.

TOTAL TIME: 5 HOURS, 55 MINUTES.

INGREDIENTS:

- 2 tsp ancho chile powder (or other mild chile powder)
- 2 tsp ground cumin
- 1 tsp fresh ground black pepper
- ¾ tsp sea salt, divided
- 3½-lb bone-in pork shoulder, trimmed of fat, at room temperature
- Neutral-flavored oil cooking spray (such as safflower or grape seed oil)
- 1½ cups unsalted tomato sauce
- ½ tsp potato starch
- ¾ cup plus 2 tbsp apple cider vinegar, divided
- ¼ cup plus 2 tbsp Sucanat (TRY: Wholesome Sweeteners Organic Sucanat)
- 1 tbsp Worcestershire sauce
- 2 tsp onion powder
- 2 tsp mustard powder
- 2 tsp paprika
- ½ to ¼ tsp ground cayenne pepper, optional
- Zest of 1 lemon

- ¾ cup plain Greek yogurt
- 2 tbsp raw honey
- 1 tbsp poppy seeds
- 1 large carrot, peeled and shredded (NOTE: Shred using the shredding disk on a food processor or using the large holes on a box grater.)
- 1 large zucchini, trimmed and shredded
- ¼ head red cabbage, cored and thinly sliced (about 1½ cups)
- 10 whole-wheat buns or kaiser rolls

INSTRUCTIONS:

ONE: In a small bowl, combine chile powder, cumin, black pepper and ½ tsp salt. Rub all over pork. Mist a large, heavy skillet with cooking spray and heat on medium-high. Add pork and cook without moving until browned, 2 to 3 minutes. Turn pork and repeat until all sides are browned. Transfer to slow cooker. Add 1 cup water, cover and cook on low for 5 to 7 hours, or until meat easily separates from the bone and internal temperature reaches 145°F on an instant-read thermometer. Let pork rest in slow cooker, uncovered, for 20 minutes.

TWO: While pork rests, prepare sauce: In a small saucepan, whisk tomato sauce and

potato starch until smooth. Add ¾ cup vinegar, Sucanat, Worcestershire, onion powder, mustard powder, paprika, cayenne (if using) and remaining ¼ tsp salt; whisk to combine. Turn heat on stove top to high and bring to a simmer, whisking occasionally. Reduce heat to medium-low and simmer, whisking frequently, until flavors blend, about 5 minutes. Remove from heat and cover to keep warm.

THREE: Prepare coleslaw: In a large bowl, stir together lemon zest, yogurt, honey, poppy seeds and remaining 2 tbsp vinegar until combined. Place grated carrot and zucchini on two layers of paper towel (or use a clean kitchen towel) and press down firmly with additional paper towels to absorb as much water as possible. Transfer to bowl with yogurt mixture. Add cabbage and stir until combined.

FOUR: Transfer pork to a work surface and shred pork with 2 forks, discarding any fat. Transfer to a large serving bowl, add about three-quarters of the sauce and toss well with tongs. Add additional sauce, to taste, or reserve for another use. Add ¾ cup pork and about ½ cup coleslaw to each bun. 🍴

Nutrients*: THEN AND NOW

Compared with traditional pulled pork sandwiches**:

Nutritional Facts	THEN	NOW
Calories	874	401
Total Fat (g)	47	12
Sat. Fat (g)	11	4
Carbs (g)	87.5	40
Fiber (g)	4	5
Sugars (g)	50	17
Protein (g)	30	32.5
Sodium (mg)	3,492	551
Cholesterol (mg)	93	77

*Serving size is 1 sandwich.

**The pulled pork sandwich used for comparison is Valerio's Pulled Pork Sandwich from allrecipes.com



HOW TO BUY, STORE & USE

What
You'll
Need:

Large bowl

Distilled white
vinegar

Kitchen towels
and paper towels

Salad spinner

Cutting board

Chef's knife

Large skillet

CHICORY

When it comes to chicory, think outside the coffee cup. It's ripe and ready for your dinner plate, too. Learn more about this unique family of leafy greens that will leave a new taste in your mouth.

BY LAURA WALSH, PHOTOGRAPHY BY KRIS OSBORNE

As a flavor, bitter often gets a bad rap. But bitterness is an important part of your sense of taste, helping to balance the sweet, salty and sour notes that are so prevalent in foods. One of nature's offerings of bitter comes in the form of chicory, a family of cultivated leafy greens (and purples) that are similar but distinct. The most common leaf chicories are radicchio, frisée (also called curly endive or simply chicory), Belgian

endive and escarole. It's common to find chicories added to pre-chopped salad mixes as well as mixed baby greens, such as mesclun.

Chicory literally has its roots in a species closely related to but distinct from the leafy varieties listed above. In the Mediterranean, parts of Southeast Asia, South Africa and the southern United States, particularly New Orleans, it's common to find the baked and ground roots of cultivated chicory used as a cheap, strong



FRISÉE OR
CURLY ENDIVE



RADICCHIO TREVISO



RADICCHIO



and bitter substitute for or addition to ground coffee. In the past, the roots, flowers and leaves of wild and cultivated chicory were used as folk medicine to treat ailments from gallstones to sinus problems. And today, inulin extracted from chicory root is used in food production as a soluble fiber food additive and natural sweetener. You likely won't find chicory root sold at your local market, but you can still enjoy the bitterness of its cousin in the leafy varieties.

Although available year-round in supermarkets, it is best when harvested in the late fall and winter when it's been exposed to less heat and light. Look for chicories that are crisp and unwilted at the leafy end and with no browning at the cut root end. Since the leaves of chicories are tightly packed around a central core, it helps to separate the leaves one by one and wash them just before serving. Heating mutes the bitter flavor of chicories, making them a perfect candidate for a quick sauté in a hot skillet. This season, awaken your taste buds by serving a side of bright sautéed chicories to balance out any spread of rich, salty and sweet flavors.

Sautéed Chicory Salad

SERVES 8.

HANDS-ON TIME: 35 MINUTES.

TOTAL TIME: 35 MINUTES

INGREDIENTS:

- 2 heads Belgian endive
- 1 head radicchio (aka Chioggia or round variety)
- 1 head frisée (aka curly endive)
- Distilled vinegar, as needed
- 2 tbsp olive oil
- 2 shallots or 1 small onion, sliced
- 2 tbsp minced garlic
- 1 cup chopped prunes (about 12)
- ½ cup chopped unsalted walnuts, toasted
- ¼ tsp sea salt
- ¼ tsp fresh ground black pepper or red pepper flakes
- 1 oz grated Parmigiano-Reggiano cheese (¼ cup)

INSTRUCTIONS:

ONE: Remove and discard any wilted or browned outer leaves of endive, radicchio and frisée. Separate remaining leaves from core; discard cores. Wash leaves in a solution of 3 parts water to 1 part distilled vinegar; rinse with fresh water, then dry leaves by spreading on a kitchen towel and blotting with paper towels, or transfer to a salad spinner. Chop leaves, separating denser

white part of each leaf from the more tender and delicate colored part, forming several piles. (**TIP:** You should have about 8 cups total of loosely packed, chopped leaves.)

TWO: In a large skillet on medium-high, heat oil. Add shallots and garlic; sauté for 30 seconds. To skillet, add white parts of chicories and sauté until tender, about 5 minutes. Stir in prunes, then heat and stir for 1 minute.

THREE: To skillet, add colored parts of chicories; heat and stir until colored leaves are heated and begin to wilt, about 1 minute. Remove from heat and top with walnuts, salt and pepper; fold gently to incorporate. Transfer to a serving dish. Sprinkle with cheese. Serve warm.

NUTRIENTS PER SERVING

(½ CUP): **CALORIES:** 132,
TOTAL FAT: 6 g, **SAT. FAT:** 1 g,
MONOUNSATURATED
FAT: 2 g, **POLYUNSATURATED**
FAT: 2.5 g, **CARBS:** 18.5 g,
FIBER: 3.5 g, **SUGARS:** 9 g,
PROTEIN: 3.5 g,
SODIUM: 124 mg,
CHOLESTEROL:
3 mg



Prepping Chicory for Your Salad:



Bitterness Scale of Chicories

☛ Represents one unit of bitterness based on author's taste

Sugarloaf
very mildly
bitter



Escarole
mildly bitter



Frisée
slightly bitter



**Radicchio Treviso or red
Belgian endive (elongated)**
slightly bitter



**Belgian
endive**
slightly bitter



**Radicchio
Chioggia**
strongly bitter

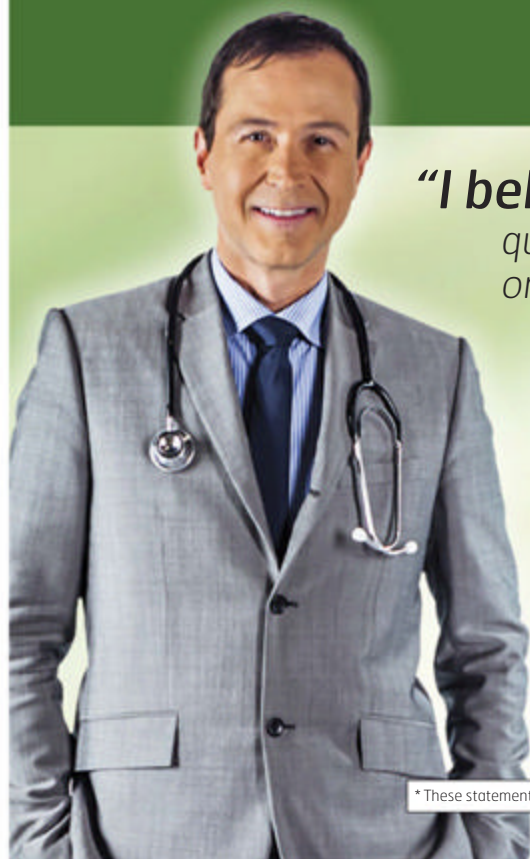


Ravishing radicchio:
Radicchio is a good source of vitamins and minerals such as vitamin C and magnesium. A water-soluble vitamin and antioxidant, vitamin C is necessary for healing wounds while it also helps protect your arteries from oxidative damage. Magnesium is an important energy-producing mineral that plays a key role in bone, cell membrane and chromosome structure. 🍴



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Fred Pescatore, MD is a compensated member of Essential Formulas' science advisory committee.



The **GLUTEN-FREE** *Greats*

RECIPES BY JULIE O'HARA, PHOTOGRAPHY BY BRANDON BARRÉ

May is Celiac Awareness Month, and we're showing you just how easy it is to make mouthwatering meals that are every bit as satisfying – without the gluten.



Chicken &
Mushroom
Quinoa-Crust
Pizza

(SEE RECIPE, P. 44)

THE ENTIRE MAGAZINE
STAFF AND PHOTO SHOOT
CREW WENT WILD FOR
THIS PIZZA ON SET!



Ginger Basil Beef Stir-Fry

WITH BROWN RICE VERMICELLI

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

Packed with bold flavors, this 30-minute stir-fry is sure to become a regular in your household. Make sure you opt for gluten-free tamari.

INGREDIENTS:

- 6 oz brown rice vermicelli noodles
- Zest of half a lime, plus 3 tbsp fresh lime juice
- ¼ cup fresh orange juice
- 3 tsp toasted sesame oil
- 2 tbsp rice vinegar
- 2 tbsp reduced-sodium tamari
- 2 tbsp raw honey
- Olive oil cooking spray
- 1 lb beef sirloin, trimmed and thinly sliced
- 2 cups matchstick-cut carrots
- 12 oz grape tomatoes, halved

- 2 tbsp peeled and chopped fresh ginger
- 6 scallions, dark and light green parts, cut into 2-inch pieces
- ½ cup packed fresh basil leaves, chopped

INSTRUCTIONS:

ONE: Fill a large saucepan about two-thirds full with water and bring to a boil. To saucepan, add noodles and boil until al dente, 2 minutes. Drain noodles in a fine mesh sieve and rinse with cold water; set aside to drain.

TWO: Meanwhile, in a small bowl, whisk together lime zest and juice, orange juice, oil, vinegar, tamari and honey; set aside.

THREE: Mist a large skillet with cooking spray and heat on medium-high. Add half of beef and cook, stirring occasionally, until browned, about 2 minutes. Transfer to a large

bowl and repeat with remaining half of beef; transfer to bowl. Mist skillet again with cooking spray, still on medium-high. To skillet, add carrots and cook, stirring frequently, 1 minute. Add tomatoes and ginger and cook until tomatoes are soft but not completely broken down, about 2 minutes. Add vinegar mixture; when it starts to simmer, return beef to skillet. Stir constantly until heated through, about 30 seconds.

FOUR: Return noodles to saucepan. Add vegetable-beef mixture and heat on medium-low. Toss with tongs until combined. Add scallions and basil and toss until combined and heated through, about 1 minute.

NUTRIENTS PER SERVING (1¼ CUPS):

CALORIES: 444, **TOTAL FAT:** 9 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 56 g, **FIBER:** 4 g, **SUGARS:** 17 g, **PROTEIN:** 33 g, **SODIUM:** 477 mg, **CHOLESTEROL:** 78 mg

Love your liver: Beets contain betaine, a substance that helps support natural liver detoxification. Pigments in beets called betalains also act as antioxidants in the body, which, along with their vitamin C content, means beets pack a powerful punch against free-radical damage.

Orange,
Lentil &
Beet Salad

(SEE RECIPE, P. 43)



Seared Scallops

WITH CAPONATA & ROASTED CAULIFLOWER PURÉE

SERVES 4. HANDS-ON TIME: 40 MINUTES.
TOTAL TIME: 1 HOUR.

Delicately sweet scallops are complemented perfectly by a sweet and sour caponata made of seasoned tomatoes, onions and raisins. Creamy cauliflower is a less starchy stand-in for mashed potatoes.

INGREDIENTS:

- Olive oil cooking spray
- 1 head cauliflower (2¼ to 2½ lb), cut into florets
- ½ tsp sea salt, divided
- 2 large cloves garlic, unpeeled
- 1 tbsp organic unsalted butter, room temperature
- ¾ cup whole milk
- 3 tbsp raw unsalted pine nuts
- ½ red onion, chopped
- 12 oz grape tomatoes, halved
- ¾ tsp fresh ground black pepper, divided
- ¼ tsp red pepper flakes, optional
- ¼ cup unsweetened raisins
- 2 tbsp red wine vinegar
- 4 tsp drained and rinsed jarred capers (not salt-packed), roughly chopped

- 5 tbsp chopped fresh flat-leaf parsley leaves, divided
- 1 lb sea scallops, muscle removed and rinsed
- 4 tsp olive oil

INSTRUCTIONS:

ONE: Preheat oven to 425°F. Line a large rimmed baking sheet with foil and mist with cooking spray. Spread cauliflower on sheet and mist again. Sprinkle with ¼ tsp plus ⅛ tsp salt. Roast for 20 minutes, then toss with a spatula. To baking sheet, add garlic and continue roasting until cauliflower is browned and very tender, 15 to 20 minutes more. To a food processor, add cauliflower and butter. Remove skin from garlic and add to processor with cauliflower. Turn processor on high and slowly pour milk through the feed tube. Purée until smooth, scraping down bowl as needed.

TWO: Meanwhile, prepare caponata: Heat a large nonstick skillet on medium. Add nuts

and toast, stirring frequently, until golden brown, 3 to 4 minutes, watching closely to prevent burning. Transfer to a small bowl and set aside. Mist same skillet with cooking spray and heat on medium. Add onion and cook, stirring frequently, until lightly browned and translucent, 4 to 5 minutes. Add tomatoes, remaining ⅛ tsp salt, ¼ tsp black pepper and pepper flakes (if using) and cook, stirring frequently, until tomatoes just begin to soften, 3 to 4 minutes. Reduce heat to low and add raisins, vinegar and capers. Stir until combined and heated through, 1 to 2 minutes. Remove from heat and stir in 3 tbsp parsley and nuts.

THREE: Pat scallops dry with a paper towel and sprinkle with remaining ½ tsp black pepper. Heat a large heavy skillet (such as cast iron or stainless steel) on medium-high. Working in two batches to prevent overcrowding, heat half of oil and add half of scallops. Cook until bottom sides are deep golden brown, about 3 minutes. Turn and cook until opposite sides are browned and



Orange, Beet & Lentil Salad

WITH PISTACHIO-CRUSTED
GOAT CHEESE

SERVES 4. HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 1 HOUR.

Slices of creamy goat cheese are crusted with pistachios then lightly toasted in a skillet for a decadent topper to this exquisite salad.

INGREDIENTS:

- Olive oil cooking spray
- 2 large red beets, trimmed, peeled and cut into $\frac{3}{4}$ -inch pieces
- 2 tsp plus 2 tbsp olive oil, divided
- $\frac{3}{4}$ tsp sea salt
- $\frac{1}{4}$ tsp fresh ground black pepper
- $\frac{2}{3}$ cup beluga (black) lentils, rinsed
- 3 navel oranges, divided (**NOTE:** Zest and juice 1 orange and segment 2 oranges.)
- 1 tsp raw honey
- $\frac{1}{2}$ tsp Dijon mustard
- 1 to 1½ heads frisée, coarsely torn
- 6 tbsp shelled unsalted raw pistachios, finely chopped (1½ oz)
- 4 oz log cold goat cheese

INSTRUCTIONS:

ONE: Preheat oven to 425°F and line a large rimmed baking sheet with foil. Mist foil with cooking spray and add beets, 2 tsp oil, $\frac{1}{4}$ tsp salt and pepper. Toss to combine. Roast until beets are tender when pierced with a fork,

tossing beets around once or twice during cooking, 38 to 42 minutes.

TWO: Meanwhile, fill a medium saucepan about halfway with water and bring to a boil. Add lentils, then reduce heat to medium-high and simmer, uncovered, until tender but not mushy, about 20 minutes. Drain and transfer to a medium bowl. To bowl, add $\frac{1}{4}$ tsp salt and stir to combine.

THREE: Prepare vinaigrette: In a small jar with a tight-fitting lid, combine remaining 2 tbsp oil, orange zest and juice from 1 orange (about 2 tbsp juice), honey, mustard and remaining $\frac{1}{4}$ tsp salt. Shake vigorously until emulsified (or whisk ingredients in a bowl).

FOUR: To a large bowl, add frisée and about half of vinaigrette; toss well to combine. Divide frisée, lentils, beets and orange segments (from remaining 2 oranges) evenly among plates.

FIVE: To a wide bowl, add pistachios. Cut cheese into 8 slices. Press each cheese slice gently into pistachios, coating both sides. Mist a large skillet with cooking spray and heat to just above medium. Add cheese patties and cook until pistachios are lightly toasted, about 1 minute per side, using a thin spatula to flip gently. Place 2 patties on each salad serving. Drizzle remaining vinaigrette over salads.

NUTRIENTS PER SERVING ($\frac{1}{4}$ OF SALAD AND 2 GOAT CHEESE PATTIES):

CALORIES: 422, **TOTAL FAT:** 21 g, **SAT. FAT:** 6 g, **MONOUNSATURATED FAT:** 11 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 44 g, **FIBER:** 15 g, **SUGARS:** 16 g, **PROTEIN:** 19 g, **SODIUM:** 574 mg, **CHOLESTEROL:** 13 mg

scallops spring back slightly when pressed in center, about 2 minutes more. Transfer to a plate and cover to keep warm. Repeat with remaining half of oil and scallops.

FOUR: If cauliflower and caponata have cooled down, reheat on low while scallops are cooking (transfer cauliflower to a medium saucepan). Divide cauliflower, scallops and caponata evenly among plates and sprinkle with remaining 2 tbsp parsley.

NUTRIENTS PER SERVING ($\frac{1}{3}$ CUP CAULIFLOWER PURÉE, 3 SCALLOPS, $\frac{1}{2}$ CUP CAPONATA):

CALORIES: 297, **TOTAL FAT:** 12 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 29 g, **FIBER:** 5 g, **SUGARS:** 17 g, **PROTEIN:** 20 g, **SODIUM:** 646 mg, **CHOLESTEROL:** 39 mg



Chicken & Mushroom Quinoa-Crust Pizza

WITH BELL PEPPER SAUCE

SERVES 4.

HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 50 MINUTES (PLUS OVERNIGHT SOAKING TIME).

Giving up gluten doesn't have to mean saying goodbye to your favorite foods like pizza. Here, we show you how to make your own crust using quinoa as a base, and we've piled heaps of mushrooms, cheese and chicken on top for a pizza that'll beat any delivery joint's.

INGREDIENTS:

- 1 **tbsp** plus 2 **tsp** olive oil, divided
- 1 **cup** quinoa, rinsed and soaked overnight (**TRY:** NOW Foods Living Now Organic Quinoa)
- ½ **tsp** sea salt
- ½ **tsp** dried tarragon
- ½ **tsp** dried thyme

- 9-oz jar roasted red bell peppers, drained and roughly chopped
- 8 oz white mushrooms, sliced
- ¼ **tsp** fresh ground black pepper
- 5 oz cooked and shredded boneless, skinless chicken breast (about 1¼ cups)
- 3 oz Manchego cheese, grated (about ¾ cup packed)
- 3 **tbps** chopped fresh flat-leaf parsley leaves

INSTRUCTIONS:

ONE: Preheat oven to 450°F. Place a 10-inch ovenproof skillet (such as cast iron) on center rack until hot, about 10 minutes. Add 1 **tbps** oil and heat in oven for 2 minutes. Meanwhile, rinse and drain soaked quinoa and transfer to a food processor. Add ½ **cup** plus 2 **tbps** water, ¼ **tsp** plus ⅓ **tsp** salt, tarragon and thyme. Process until mixture resembles runny pancake batter, scraping down bowl as needed, 2 to 3 minutes. When oil is hot, remove skillet from oven and swirl to coat with oil. Pour quinoa mixture into

skillet and bake until batter is set and golden brown, about 20 minutes.

TWO: Meanwhile, rinse out food processor. Add bell peppers and process until smooth; set aside. In a large skillet on medium-high, heat remaining 2 **tsp** oil and add mushrooms, black pepper and remaining ⅓ **tsp** salt. Cook, stirring frequently, until tender and lightly browned, about 10 minutes.

THREE: Spread bell pepper sauce over quinoa crust in skillet. Top with shredded chicken, mushrooms and cheese. Return to oven and bake until cheese is melted, 4 to 5 minutes. Let mixture rest in skillet for 5 minutes, then transfer to a cutting board and sprinkle with parsley. Cut into wedges.

NUTRIENTS PER SERVING

(¼ OF PIZZA):

CALORIES: 378, **TOTAL FAT:** 17 g, **SAT. FAT:** 6 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 33 g, **FIBER:** 5 g, **SUGARS:** 1 g, **PROTEIN:** 23 g, **SODIUM:** 486 mg, **CHOLESTEROL:**



Sorghum Risotto

WITH ARTICHOKE HEARTS, PEAS & SALMON SKEWERS

SERVES 4.

HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 1 HOUR (PLUS OVERNIGHT SOAKING TIME AND MARINATING TIME).

Considered an ancient grain, sorghum has a deliciously chewy texture that gives body to this colorful risotto topped with salmon skewers.

INGREDIENTS:

- 3 **tbps** olive oil, divided
- Zest of 2 lemons plus 3 **tbps** fresh lemon juice, divided
- 2 **tbps** Dijon mustard
- ⅓ **cup** packed fresh dill, finely chopped
- ¼ **cup** packed fresh mint leaves, finely chopped, plus 3 **tbps** chopped for garnish
- 1 lb skinless salmon fillet, cut into 1-inch cubes
- 3 artichokes
- 1 shallot, chopped
- 2 cloves garlic, chopped
- 1 **cup** sorghum, rinsed and soaked overnight
- 4 **cups** low-sodium vegetable or chicken broth, divided (**TRY:** Pacific Foods Organic Vegetable Broth Low-Sodium), divided

Super sorghum:

A gluten-free grain that is considered safe for those with celiac disease, sorghum is rich in fiber and has shown promise in helping to maintain healthy cholesterol levels as well as managing diabetes and insulin resistance.

- 1 cup fresh shelled green peas (from about 1 lb with shells; frozen may be substituted, but do not thaw)
- 1 oz grated Pecorino-Romano cheese (about ¼ cup packed)
- Olive oil cooking spray
- 2 red Fresno or Thai chiles, sliced and seeded, optional

EQUIPMENT:

- 4 metal or wooden skewers (if using wooden, soak for 30 minutes)

INSTRUCTIONS:

ONE: In a small bowl, whisk together 2 tbsp oil, half the lemon zest, 1 tbsp lemon juice and mustard until combined. Add dill and mint and whisk to combine. Transfer to a large zip-top bag. Add salmon, then seal and massage the bag to coat salmon with marinade. Refrigerate for 1 to 4 hours.

TWO: Cut off top 2 inches of artichokes and discard any remaining spiky leaves. Cut off stems so that artichokes sit upright. Fill a large saucepan with about 1 inch water and place a metal steamer basket inside. Cover and bring to a boil. Place artichokes in basket, then cover and reduce heat to medium. Simmer until leaves can be easily plucked off and a fork inserted in the base comes out easily, 20 to 25 minutes. Transfer to a work surface.

When cool enough to handle, remove all the outer leaves and scrape off the inedible “hairy” choke with a spoon; trim any tough bits off the base so you’re left with just the hearts. Cut each heart into sixths and toss with 2 tbsp lemon juice in a small bowl to prevent discoloration. Set aside.

THREE: Meanwhile, in a large saucepan on medium, heat remaining 1 tbsp oil. Add shallot and garlic and cook, stirring frequently, until translucent, 1 to 2 minutes. Add sorghum and cook, stirring frequently, until lightly toasted, about 2 minutes. Add 3½ cups broth, then cover and bring to a boil. Reduce heat to medium-high and simmer, uncovered, stirring occasionally, until broth is almost completely absorbed and grains are tender but retain their naturally chewy texture, 35 to 55 minutes.

FOUR: Add remaining ½ cup broth. When it comes to a simmer, add peas. Cook, stirring frequently, until peas are tender and broth is

nearly absorbed, 3 to 4 minutes. Add cheese and reserved artichoke hearts and stir until heated through, about 1 minute. Remove from heat and stir in remaining half of lemon zest.

FIVE: Meanwhile, place oven rack in upper-middle position and preheat broiler to high. Line a large rimmed baking sheet with foil and mist with cooking spray. Thread salmon onto skewers and place on baking sheet (discarding marinade). Broil until salmon flakes easily and is opaque in the center, 5 to 6 minutes, turning skewers halfway through. Divide sorghum among 4 plates and top with skewers. Garnish with remaining mint and chiles (if using).

NUTRIENTS PER SERVING (1¼ CUPS SORGHUM AND 1 SKEWER):

CALORIES: 447, **TOTAL FAT:** 14 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 50 g, **FIBER:** 9 g, **SUGARS:** 7 g, **PROTEIN:** 34 g, **SODIUM:** 392 mg, **CHOLESTEROL:** 62 mg





START YOUR OWN
CONTAINER HERB GARDEN

Heavenly Herbs

STORY BY ANDREA GOURGY, RECIPES BY JILL SILVERMAN HOUGH, PHOTOGRAPHY BY BRANDON BARRÉ

Whether you live in a house with a big yard or an apartment with a tiny balcony, you can have a flourishing herb garden of your own. Our beginner's guide will take you step by step through the gardening process, and our 5 delicious recipes show you how easy it is to use fresh herbs in creative – and sometimes unexpected – ways.

For many of us across North America, the last frost of the season has passed, which means that right now is the perfect time to jump on planting an herb garden to make the most of the growing season.

Now, we know what you're thinking: You only have a tiny balcony, you don't know the first thing about gardening or maybe you even forgot to water your last few houseplants. But you don't need to have an expert green thumb to have an herb garden. While there are definitely a few tricks of the trade, a container herb garden is actually fairly easy to set up and maintain.

Having your favorite fresh herbs close at hand is a great way to add oomph to your cooking, save money and, of course, reap the amazing health benefits that herbs have to offer such as disease-fighting antioxidants. Plus, having an herb garden is simply convenient – imagine being able to run out to your balcony or yard to snip off a sprig of mint to make a cup of tea or harvest a bunch of basil to make your own pesto.

If you're feeling inspired by the possibilities, read on. Our beginner's guide to container herb gardening will have you set up and harvesting herbs in no time and with minimal effort. Of course, planting and harvesting herbs is just the first step – using those herbs in your cooking to add big flavor is the second. Our five recipes will motivate you to use your homegrown herbs in new and innovative ways to infuse your cooking with the fresh flavors from your garden.

Annual or perennial?

An annual plant is one that lives for one growing season, whereas a perennial will live for at least two years, regrowing every spring. Some annual herbs can actually seed themselves, so they may reappear next spring – though it may not be in exactly the same spot as the original plant.





Herb Gardening 101

WHY USE CONTAINERS?

There's certainly nothing wrong with planting herbs directly in the ground, but we love using containers because you can move them around your yard or balcony. One of your herbs wants more sun? Simply drag the container over to the sunny spot. You can also place them right near the door for convenience. Plus, you can repurpose old containers or unexpected vessels to plant herbs (inside a tire, anyone? old toys?); they just need to have holes in the bottom for drainage. You'll want to look for pots with at least 8 to 10 inches of space around each plant.

LOCATION, LOCATION, LOCATION

Different areas of your yard or balcony will have different sun exposures, so consider which plants need more sun and locate them accordingly. If you're combining several plants in one pot, make sure they have the same needs for sun exposure (as well as moisture). Have a mostly shady space? Some herbs, such as cilantro, mint, chives and tarragon, can thrive in partial shade.

SELECTING YOUR PLANTS

We like using seedlings (small plants) when starting out, but if you're keen to start from seed, you can get started indoors before the weather is ripe, then transplant them afterwards. When choosing plants, know that different plants have

different yields – mint, oregano and chives will tend to yield more than dill, basil or cilantro – so if you're a huge fan of dill, for example, you'll want to plant more than one seedling.

GARDEN FRIENDS AND FOES

When considering which plants to put, or not put, near each other, keep in mind that some plants don't make good friends with others. Mint, fennel and horseradish are all invasive plant species, and if planted in a garden bed or a container with other herbs, they have a tendency to push other herbs around, sending out stems or roots through the soil that will eventually grow into new plants – these herbs are best planted in their own containers.

GET PLANTING

Make sure to water seedlings about one to two hours before planting; this will make it easier to transplant them. Place a layer of bagged potting mix at the bottom of your container. Remove seedlings from their containers (some containers are biodegradable and can be planted directly into the soil – check the label). Place the seedling on top of the soil layer and hold it in place while you fill the container with potting mix until it reaches the top of the root ball. Pat soil gently with your hands to eliminate air pockets. Water it well and let drain, then add more potting mix and water again if needed so that potting mix is level with the top of the root ball. The soil

surface should sit about $\frac{3}{4}$ inch below the rim of the container.

GET THE WATERING RIGHT

When it comes to watering, more isn't necessarily better. With most herbs, light daily watering in the morning works best, and always water close to the roots of the plants. It's also important to read the labels that come with each plant as different herbs have different moisture requirements. You know herbs are in need of more water if they are wilting or leaves are limp or dull looking.

PRUNE (AND HARVEST) LIKE A PRO

Ahhh, the moment you've been waiting for! Whenever you cut a plant, you want to trim right above a node, the point where the leaves attach to the stem. A lot of people get confused between pruning and harvesting – pruning is when you trim to encourage plants to grow wider and bushier (as opposed to tall and skinny), whereas harvesting is when you trim for your use. With herb gardening, there can be some crossover between the two. But don't stress over the terminology – just know this: When the plants are about six inches tall, you can start trimming lightly to encourage growth. When plants are a little bigger, you can start harvesting more herbs – but remember, never cut more than one-third of the branches off at a time, as any more than that could actually inhibit growth.

PASTA PRIMAVERA WITH SPRING HERBS

SERVES 6.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 40 MINUTES.

This quintessential spring pasta, brimming with fresh seasonal herbs such as mint, parsley and tarragon, works hot, cold or at room temperature as a side dish or entrée.

INGREDIENTS:

- 1 lb whole-grain fusilli, penne or orecchiette pasta
- 12 asparagus spears, trimmed and cut into ½-inch lengths
- 1 cup peeled and diced carrot (¼-inch dice)
- 1 cup fresh or frozen peas

- ¼ cup chopped fresh chives
- 2 tbsp chopped fresh mint leaves
- 2 tbsp chopped fresh parsley leaves
- 1 tbsp chopped fresh tarragon leaves
- ½ cup goat cheese (about 4 oz), crumbled (**NOTE:** Don't use pre-crumbled goat cheese – it doesn't melt as well.)
- 2 tbsp olive oil
- ½ tsp each sea salt and fresh ground black pepper, plus additional, to taste (**TRY:** Eden French Sea Salt - Fine Grind)
- Zest of 1 lemon, divided

INSTRUCTIONS:

ONE: In a large pot of boiling water, cook pasta according to package directions. About 2 minutes before pasta is done, add asparagus, carrots and peas and continue to cook until pasta is al dente and vegetables are crisp-tender.

TWO: Meanwhile, in a small bowl, combine chives, mint, parsley and tarragon. Set aside.

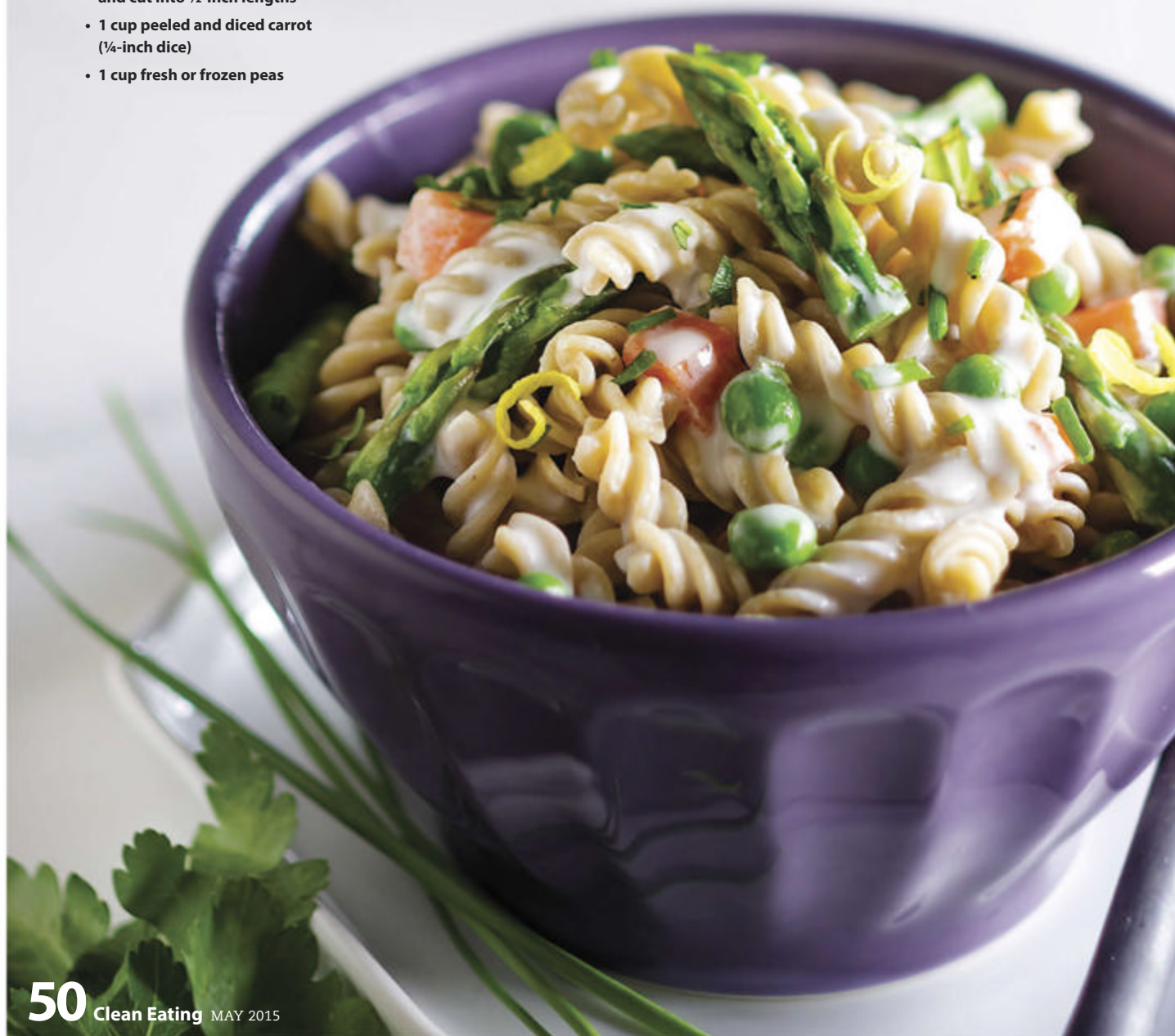
THREE: Drain pasta and vegetables, reserving about 1 cup cooking water in a heat-proof cup. Return pasta


and vegetables to pot and stir in cheese, oil, ½ tsp each salt and pepper, three-quarters of herb mixture, half of lemon zest and ½ cup cooking water. Add additional salt, pepper and cooking water as desired.

FOUR: Garnish with remaining one-quarter of herb mixture and remaining half of lemon zest. Serve hot, cold or at room temperature.

NUTRIENTS PER SERVING (1½ CUPS):

CALORIES: 384, **TOTAL FAT:** 10 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 62 g, **FIBER:** 8.5 g, **SUGARS:** 5 g, **PROTEIN:** 17 g, **SODIUM:** 275 mg, **CHOLESTEROL:** 9 mg





DILL-POACHED SALMON

(SEE RECIPE, P. 53)

Dill

LIFE CYCLE: Annual

LIGHT: Full sun

WATERING INSTRUCTIONS:
Be careful not to overwater; let soil dry out between waterings then water thoroughly.

One-two punch:

Both dill and salmon are nutritional heavyweights. Dill is rich in calcium, iron and magnesium. Calcium protects bones and teeth, iron is essential for carrying oxygen to all parts of your body, and magnesium is necessary for more than 300 biochemical reactions in the body. Protein-rich salmon is also high in vitamin B₁₂, which is needed to form DNA, maintain nerve health and produce healthy blood cells.

dill



Memory booster:

While sage has long been suggested to improve memory anecdotally, science also shows that it has potential as a possible treatment for Alzheimer's disease as it has antioxidant and anti-inflammatory properties. In a study published in *Pharmacology Biochemistry and Behavior*, sage oil was found to inhibit an enzyme that breaks down the neurotransmitter acetylcholine (a drop in acetylcholine levels can lead to Alzheimer's).

PORK SALTIMBOCCA WITH SAGE MASHED POTATOES

SERVES 4.

HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 50 MINUTES.

Hailing from Rome, saltimbocca is thin cutlets combined with prosciutto and served with white wine sauce. Soft yet earthy sage ties it all together.

INGREDIENTS:

- 1½ lb Russet potatoes, peeled and cut into 1½-inch chunks
- 4 5-oz boneless pork loin chops, about ¾ inch thick, trimmed
- 4 thin slices prosciutto (**TRY:** Principe Foods Prosciutto di San Daniele Mini Oval)

- 5 tbsp chopped fresh sage leaves, divided
- ½ tsp fresh ground pepper, plus additional, to taste
- ½ cup dry white wine
- ⅓ cup low-sodium chicken broth
- ½ cup plus 2 tsp white whole-wheat flour, divided
- ¾ cup whole-milk buttermilk
- ⅓ tsp sea salt, plus additional, to taste
- 1 tbsp olive oil

INSTRUCTIONS:

ONE: In a medium saucepan, cover potatoes with cold water by 1 inch and bring to a boil. Reduce to a simmer and cook until very tender, 12 to 15 minutes.

TWO: Meanwhile, butterfly pork chops: Cut each pork chop



Sage

LIFE CYCLE: Perennial

LIGHT: Full sun or partial shade

WATERING INSTRUCTIONS:

Keep soil moist when sage is young; once mature, let soil dry out between waterings then water thoroughly.

horizontally, leaving one side attached and then opening like a book. Arrange 1 slice prosciutto on half of each butterflied chop, folding prosciutto to fit, and top each with 1½ tsp sage. Fold chops back together, enclosing fillings (secure with a toothpick if necessary), and sprinkle with ½ tsp pepper. In a small bowl, combine wine, broth and 2 tsp flour. In a shallow bowl, place remaining ½ cup flour. Set chops, wine mixture and flour aside.

THREE: Drain potatoes and return to pot. Add buttermilk and ½ tsp salt, then mash with a potato masher to desired consistency. Stir in 1 tbsp sage and additional salt. Cover and set aside.

FOUR: In a large skillet on medium, heat oil. One at a time, dredge chops in flour, lightly coating both sides, and add to skillet. Cook for about 6 minutes, carefully turning with tongs halfway, until cooked through. Transfer chops to plates or a platter and loosely cover to keep warm.

FIVE: Return skillet to medium. To skillet, add remaining 2 tbsp sage and cook, stirring, for 30 seconds. Add wine mixture, scraping up any browned bits in

the skillet and stirring until sauce thickens slightly, about 30 seconds. Remove from heat. Add additional salt and pepper. Serve chops with potatoes on the side and sauce spooned on top.

NUTRIENTS PER SERVING (1 CHOP, 1 SCANT CUP POTATOES, 2½ TBSP SAUCE): **CALORIES:** 454, **TOTAL FAT:** 16 g, **SAT. FAT:** 5 g, **MONOUNSATURATED FAT:** 8 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 35 g, **FIBER:** 2.5 g, **SUGARS:** 5 g, **PROTEIN:** 40 g, **SODIUM:** 636 mg, **CHOLESTEROL:** 96 mg

DILL-POACHED SALMON WITH HERBED YOGURT SAUCE

SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 35 MINUTES.

You can't go wrong with salmon and dill; the rich fish is a perfect contrast to the more delicate, vernal herb.

INGREDIENTS:

- 4 large sprigs plus 1 tbsp chopped fresh dill, divided
- 1 cup low-sodium vegetable broth
- 4 5-oz salmon fillets, ¾ inch thick
- ¾ cup plain Greek yogurt (**TRY:** Nancy's Organic Whole Milk Probiotic Greek Yogurt)

- 1 tbsp chopped fresh flat-leaf parsley leaves
- 2 tsp fresh lemon juice
- ½ tsp each sea salt and fresh ground black pepper
- 4 radishes, trimmed and cut into matchsticks
- 1 small carrot, peeled and cut into matchsticks

EQUIPMENT:

- Kitchen twine

INSTRUCTIONS:

ONE: Use kitchen twine to tie dill sprigs together. In a large skillet on medium, bring dill sprigs, broth and 1 cup water to a gentle simmer. Add salmon, adjust heat to maintain barely a simmer, then cover and cook for 5 minutes.

TWO: Meanwhile, prepare yogurt sauce: In a small bowl, combine chopped dill, yogurt, parsley, lemon juice, salt and pepper. Set aside.

THREE: To skillet, add radishes and carrots, nestling them into the liquid. Cover and cook for 3 minutes, or until vegetables are tender and salmon is just cooked through.

FOUR: Use a slotted spatula to arrange salmon on serving plates or a platter, then top with vegetables and yogurt sauce

(discarding dill sprigs). Serve any remaining sauce on the side.

NUTRIENTS PER SERVING (1 SALMON FILLET, ¼ CUP VEGETABLES, 3 TBSP SAUCE): **CALORIES:** 328, **TOTAL FAT:** 15 g, **SAT. FAT:** 6 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 4 g, **FIBER:** 1 g, **SUGARS:** 3 g, **PROTEIN:** 42 g, **SODIUM:** 373 mg, **CHOLESTEROL:** 88 mg





Basil ☀️

LIFE CYCLE: Annual

LIGHT: Full sun

WATERING INSTRUCTIONS:

Be careful not to overwater; let soil dry out between waterings then water thoroughly.

Mint ☀️ ☁️

LIFE CYCLE: Perennial

LIGHT: Full sun or partial shade

WATERING

INSTRUCTIONS:

Keep soil moist.

Rosemary ☀️

LIFE CYCLE: Perennial

LIGHT: Full sun

WATERING

INSTRUCTIONS: Be careful not to overwater; let soil dry out between waterings then water thoroughly.

Chives ☀️ ☁️

LIFE CYCLE: Perennial

LIGHT: Full sun or partial shade

WATERING INSTRUCTIONS:

Keep soil moist.



BASIL LIME SORBET

MAKES 3½ CUPS.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 45 MINUTES (PLUS CHILLING AND FREEZING TIME).

We don't typically think of them in desserts, but herbs go really well with all kinds of fruit flavors. Here, basil complements lime for a sweet-tart treat.

INGREDIENTS:

- About 20 limes, divided
- 1¼ cups organic evaporated cane juice
- ½ cup packed fresh basil leaves
- Pinch sea salt

INSTRUCTIONS:

ONE: Zest 3 limes. In a food processor, combine lime zest, cane juice and basil and pulse a few times. (**NOTE:** By breaking up basil in the food processor, we're "bruising" it, which allows the basil to release its flavors into the sugar syrup.) Transfer mixture to a medium saucepan, then add

1 cup water and bring to a boil on medium-high, stirring to dissolve cane juice. Remove from heat and set aside for 30 minutes.

TWO: Meanwhile, juice zested limes plus enough additional limes to yield 2 cups juice.

THREE: Strain cane juice mixture through a fine mesh sieve into a large bowl, pressing on the solids. Stir in lime juice and salt. Thoroughly chill in fridge then freeze in an ice cream maker according to manufacturer's instructions. (Alternatively, pour chilled sorbet mixture into a shallow pan and freeze, stirring and breaking up with a fork every hour for 3 to 4 hours. Once solid, set aside at room temperature for about 10 minutes, then transfer to a food processor. Pulse until smooth, then transfer to a container and refreeze.)

NUTRIENTS PER SERVING (¼ CUP):
CALORIES: 73, **TOTAL FAT:** 0 g, **SAT. FAT:** 0 g, **CARBS:** 20 g, **FIBER:** 0 g, **SUGARS:** 18 g, **PROTEIN:** 0 g, **SODIUM:** 9 mg, **CHOLESTEROL:** 0 mg





Herbaceous health

Both basil and mint offer powerful health benefits: Basil contains flavonoids that help protect the body's chromosomes from radiation, while mint has relaxing properties to help soothe an upset stomach. Both herbs also have antibacterial properties.

SUMMER ROLL-INSPIRED NOODLE BOWL

SERVES 4.
HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 40 MINUTES.

Don't let this noodle bowl fool you. Although it's full of crunchy and colorful vegetables, it's really about the herbs, with refreshing basil and mint in every bite.

INGREDIENTS:

- 1 lb Pad Thai-style brown rice noodles (**TRY:** Annie Chun's Pad Thai Brown Rice Noodles)
- ¼ cup fresh lime juice
- 2 tbsp safflower or grape seed oil

- 1 tbsp fish sauce
- 1 tbsp raw honey
- ½ tsp red pepper flakes
- ¼ cup chiffonade fresh basil leaves, ideally Thai basil, divided (**TIP:** To chiffonade your herbs, pile several leaves on top of one another, roll tightly lengthwise into a cylinder and then cut thinly widthwise, creating fine ribbons.)
- ¼ cup chiffonade fresh mint leaves, divided
- 4 scallions, thinly sliced, divided
- 1 carrot, cut into matchsticks or shredded
- ½ cucumber, peeled and cut

into matchsticks

- ½ red bell pepper, cut into matchsticks
- 1 cup bean sprouts
- 1 cup shredded cooked chicken breast
- ¼ cup unsalted dry-roasted peanuts

INSTRUCTIONS:


ONE: Cook noodles according to package directions.

TWO: Meanwhile, prepare dressing: In a small bowl, combine lime juice, oil, fish sauce, honey and pepper flakes. Set aside

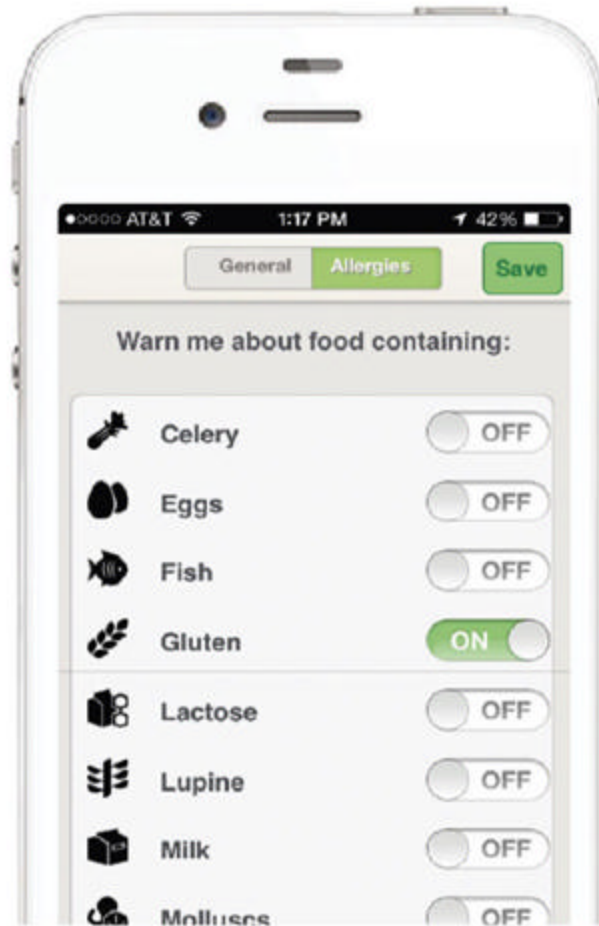
THREE: Drain noodles, rinse with cold water, drain again and

transfer to a large bowl. Toss noodles with three-quarters of dressing, half of basil, half of mint and half of scallions.

FOUR: Arrange noodles in individual bowls and top with carrot, cucumber, bell pepper, bean sprouts, chicken, remaining half of basil, mint, and scallions, and peanuts. Drizzle with remaining one-quarter of dressing.

NUTRIENTS PER SERVING (2 CUPS):
CALORIES: 426, **TOTAL FAT:** 14 g,
SAT. FAT: 2 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 7 g,
CARBS: 59 g, **FIBER:** 7 g, **SUGARS:** 9 g,
PROTEIN: 19.5 g, **SODIUM:** 352 mg,
CHOLESTEROL: 30 mg 

Shopping with dietary restrictions?



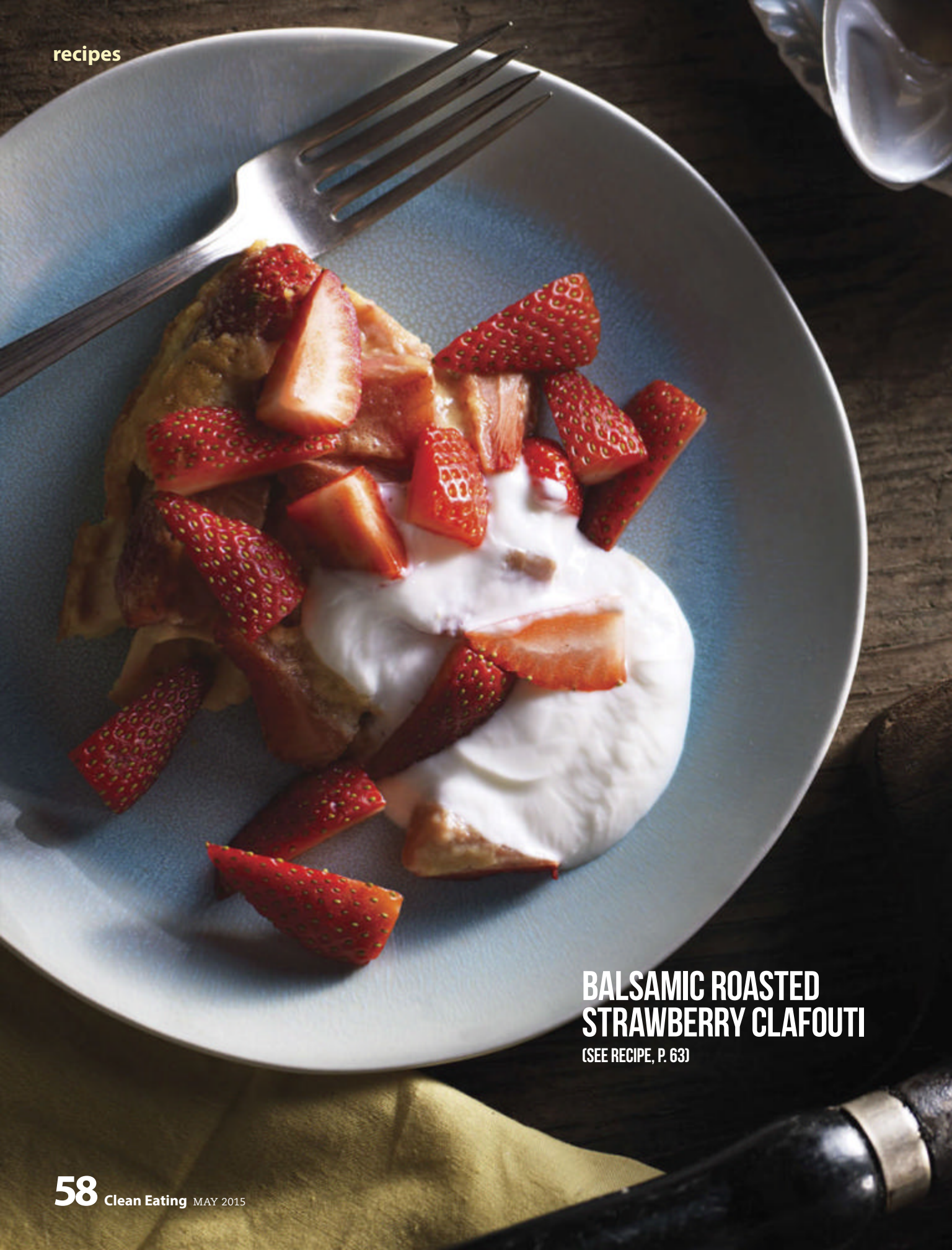
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**BALSAMIC ROASTED
STRAWBERRY CLAFOUTI**
(SEE RECIPE, P. 63)



MAKE-AHEAD BRUNCH

Whether you're hosting Mother's Day, having your girlfriends over or making breakfast in bed for a loved one, all these gorgeous recipes can be made ahead of time, so all you have to do in the morning is put on the finishing touches and serve.

RECIPES BY JULIE O'HARA, PHOTOGRAPHY BY GIBSON & SMITH

CINNAMON RAISIN BANANA FRENCH TOAST CASSEROLE

(SEE RECIPE, P. 63)

SAVORY BUCKWHEAT CREPES

*with Mushrooms,
Corn & Fontina Cheese*

SERVES 10.

HANDS-ON TIME:

1 HOUR, 10 MINUTES.

TOTAL TIME: 1 HOUR, 35 MINUTES.

These simple-to-make buckwheat crepes are stuffed to the brim with vegetables and cheese then baked in a luscious creamy yogurt sauce.

INGREDIENTS:

- ½ cup whole-wheat pastry flour
- ¼ cup buckwheat flour
- 1¼ tsp sea salt, divided
- 2 cups whole milk
- 2 tbsp organic unsalted butter, melted and cooled slightly
- Olive oil cooking spray
- 1½ lb white mushrooms, stemmed and thinly sliced
- ½ tsp dried thyme
- 1 tsp fresh ground black pepper, divided

- 5 scallions, white and light green parts, sliced (about ½ cup)
- 2½ cups fresh or frozen corn kernels (if fresh, from 3 to 4 cobs)
- 1 tsp smoked paprika, plus additional for garnish
- 4 oz Fontina cheese, grated (1 packed cup)
- 2 large eggs, yolks and whites separated, divided
- 2 cups whole-milk Greek yogurt
- 2½ tbsp chopped fresh chives, divided
- 1 tsp fresh thyme leaves

INSTRUCTIONS:

ONE: Prepare crepe batter: In a large bowl, whisk together flours and ¾ tsp salt. Slowly pour in milk and ¾ cup water, whisking constantly. Add butter and

Gluten-free flour:

Contrary to popular belief, buckwheat is not a cereal grain but a fruit seed. It's both wheat- and gluten-free, making it a wonderful alternative to refined white flour. Buckwheat flour is rich in zinc, copper, potassium and protein while it's also a good source of soluble fiber, which helps lower cholesterol and aids in controlling blood sugar.



whisk until dry ingredients are moistened. Set aside.

TWO: Mist a large skillet with cooking spray and heat on medium-high. Add mushrooms, dried thyme, ¼ tsp salt and ½ tsp pepper and cook, stirring frequently, until liquid evaporates, 6 to 8 minutes. Reduce heat to medium and continue cooking, stirring frequently, until lightly browned and tender, 6 to 8 minutes more. (**TIP:** Do this in 2 batches if your skillet won't hold all the mushrooms comfortably.) Transfer to a medium bowl. Mist same skillet with additional cooking spray and heat on medium-high. Add scallions, corn, 1 tsp paprika, ⅛ tsp salt and remaining ½ tsp pepper and cook, stirring frequently until

crisp-tender, about 6 minutes.

(**NOTE:** If using frozen corn, cook just until the water evaporates and corn is heated through.) Add to bowl with mushrooms and set aside.

THREE: Cut 12 pieces of parchment paper, each about 8 x 10 inches. Mist an 8-inch nonstick skillet with cooking spray and heat on medium-high. Add a scant ⅓ cup crepe batter. Immediately swirl skillet until batter coats bottom in an even layer. Cook until a few bubbles form and crepe easily releases from skillet when you slide a thin spatula underneath it, about 1 minute. Lift crepe using spatula and quickly flip. The top of the crepe should be a deep golden brown. Continue cooking until bottom is golden,

about 30 seconds. Gently slide onto a piece of parchment paper. Repeat, making a total of 10 crepes, misting skillet with cooking spray each time and placing a piece of parchment between each crepe. (**TIP:** This recipe makes enough batter for about 12 crepes, so you can do some practice rounds to get the hang of it. The key is to have the skillet hot enough so that the first side of the crepe sets and can be easily flipped without tearing. If your crepe tears, the skillet may not be hot enough.)

FOUR: Mist a 9 x 13-inch baking dish with cooking spray. Place a generous ¼ cup mushroom mixture and about 1½ tbsp cheese down the center of a crepe and gently fold the sides over the filling. Place in baking

dish. Repeat with remaining crepes, lining up 8 crepes in the baking dish and placing the last 2 crepes perpendicular to the first 8, along the length of the dish. (**MAKE AHEAD:** This can be done 1 day ahead. Cover with foil and refrigerate. Before baking, allow 1 to 2 hours to come to room temperature.)

FIVE: In a large bowl, stir together egg yolks, yogurt and remaining ⅓ tsp salt. In a medium bowl, beat egg whites with an electric mixer on medium-high speed until they hold soft peaks. Fold in about one-third of whites to yogurt mixture until combined. Add remaining whites, 2 tbsp chives and fresh thyme and fold until combined. (**MAKE AHEAD:** This can be done 1 day ahead. Cover and refrigerate. Before baking, allow 1 hour to come to room temperature.)

SIX: Preheat oven to 400°F. Spread yogurt mixture over crepes, covering completely. Bake until yogurt feels slightly firm to the touch and has a fluffy texture, 20 to 25 minutes. Rest for 5 to 10 minutes. Sprinkle with remaining ½ tbsp chives and additional paprika before serving.

NUTRIENTS PER SERVING (1 CREPE):
CALORIES: 299, **TOTAL FAT:** 15 g,
SAT. FAT: 9 g, **MONOUNSATURATED**
FAT: 4 g, **POLYUNSATURATED**
FAT: 1 g, **CARBS:** 29 g, **FIBER:** 4 g,
SUGARS: 8 g, **PROTEIN:** 15 g,
SODIUM: 391 mg, **CHOLESTEROL:** 69 mg



Amazing asparagus:
Asparagus is an excellent source of both vitamin K and folate. Known as the “clotting vitamin,” vitamin K is key in helping your blood clot while folate is essential for heart health and red blood cell production, the latter of which is important in preventing anemia.

ASPARAGUS GOAT CHEESE TART WITH WHOLE-GRAIN CRUST

SERVES 8.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 1 HOUR, 20 MINUTES.

Three flours – spelt, oat and whole-wheat pastry flour – combine to create a delicious, whole-grain crust for this fresh spring tart.

INGREDIENTS:

- 8 tbsp cold organic unsalted butter, divided
- $\frac{3}{4}$ cup whole-wheat pastry flour
- $\frac{1}{2}$ cup whole-grain spelt flour
- $\frac{1}{2}$ cup oat flour (**TRY:** Bob's Red Mill Gluten-Free Whole Grain Oat Flour)
- $\frac{3}{4}$ plus $\frac{1}{8}$ tsp sea salt, divided
- Olive oil cooking spray
- $\frac{3}{4}$ lb thin asparagus (**NOTE:** Trim asparagus tips to 5 inches and discard stalks or save for another use.)
- $\frac{1}{8}$ tsp fresh ground black pepper
- 6 oz goat cheese
- 1 cup whole-milk ricotta cheese
- 2 large eggs
- Zest of 1 lemon
- 1 tsp fresh thyme leaves

INSTRUCTIONS:

ONE: Preheat oven to 350°F. Lightly grease a 9-inch fluted tart pan with removable bottom with $\frac{1}{2}$ tbsp butter (keep remaining butter in refrigerator until ready to use). To a food processor, add flours and $\frac{1}{2}$ tsp salt. Pulse until combined. Cut remaining $7\frac{1}{2}$ tbsp butter into cubes and add to flour mixture. Process until mixture is coarse and sandy with small pieces of butter visible, about 3 5-second pulses. With processor running, pour in $\frac{1}{4}$ cup cold water and process just until combined, 5 to 10 seconds. (**NOTE:** Dough will stick together if pressed between your fingers, but will not form a ball.)

TWO: Transfer dough to prepared tart pan, distributing clumps of dough evenly in pan. With floured hands, press dough into pan, working it to edges and up sides. Prick all over with a fork. Cover

with foil and add about 1½ cups dried beans, uncooked rice or pie weights over top. Bake in center of oven for 15 minutes. Remove foil and weights and continue baking until barely beginning to brown, 10 minutes more.

Transfer to a wire rack. **(MAKE AHEAD:** Crust can be made up to 1 day ahead. Cool completely, wrap in 2 layers of plastic wrap, keeping crust in pan, and refrigerate. Before proceeding, bring to room temperature, about 1 hour.)

THREE: Preheat broiler to high and arrange a rack 6 to 8 inches from heat source. Line a large rimmed baking sheet with foil, mist with cooking spray and add asparagus in a single layer. Mist with cooking spray and sprinkle with ½ tsp salt and pepper. Broil for 5 to 6 minutes, tossing halfway, until lightly browned and crisp-tender. **(MAKE AHEAD:** This can be done up to 1 day ahead. Refrigerate in an airtight container then bring to room temperature, about 30 minutes.)

FOUR: Preheat oven to 375°F. Clean processor bowl and blade. To food processor, add cheeses and remaining ¼ tsp salt and process until combined, about 8 seconds. Add eggs and process until combined, scraping down bowl as needed, about 8 seconds. **(MAKE AHEAD:** This can be made up to 1 day ahead. Cover and refrigerate. Before proceeding, bring to room temperature, about 1 hour.) Pour into tart shell. Arrange asparagus over top. Bake in center of oven until set in center, 22 to 25 minutes. Cool on a rack for 10 minutes. Garnish with lemon zest and thyme. Serve warm or at room temperature.

NUTRIENTS PER SERVING (½ OF TART): **CALORIES:** 326, **TOTAL FAT:** 22 g, **SAT. FAT:** 13.5 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 20 g, **FIBER:** 3 g, **SUGARS:** 1 g, **PROTEIN:** 12.5 g, **SODIUM:** 341 mg, **CHOLESTEROL:** 103 mg

CINNAMON RAISIN BANANA FRENCH TOAST CASSEROLE WITH OAT CRUMBLE

SERVES 12.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 60 MINUTES (PLUS RESTING OVERNIGHT).

Whole-wheat cinnamon raisin bread is layered with bananas and covered with an egg and milk mixture before baking. An oat crumble topping adds a touch of sweetness and texture.

INGREDIENTS:

- ½ cup old-fashioned rolled oats **(TRY: Bob's Red Mill Old Fashioned Regular Rolled Oats)**
- ¼ cup white whole-wheat flour
- 5 tbsp maple sugar, divided
- ¼ tsp sea salt
- 3 tbsp organic unsalted butter, melted **(TRY: Horizon Organic Unsalted Butter)**
- Olive oil cooking spray
- 14 slices whole-wheat cinnamon raisin swirl bread
- 3 small bananas, sliced
- 6 large eggs
- 3¾ cups whole milk
- 2 tsp pure vanilla extract
- 1 tsp ground cinnamon

INSTRUCTIONS:

ONE: Prepare oat crumble: In a medium bowl, stir together oats, flour, 3 tbsp maple sugar and salt until combined. Add butter and stir until moistened. Set aside.

TWO: Mist a 9 x 13-inch baking dish with cooking spray. Arrange 7 slices bread in a single layer (2 rows of 3½ slices each). Top with banana slices in a single layer, then top with remaining 7 slices bread in a single layer. In a large bowl, whisk eggs. As you whisk, slowly pour in milk until combined. Whisk in vanilla, cinnamon and remaining 2 tbsp maple sugar. Pour mixture over bread, then sprinkle evenly with

oat crumble. Cover with foil and refrigerate overnight.

THREE: Preheat oven to 350°F. Bring casserole to room temperature, up to 2 hours. Remove foil and bake until bread is puffed up and egg mixture is set (a bit of liquid in center is fine as it will firm up as it cools), about 40 minutes. **(NOTE:** If you skipped bringing casserole to room temperature, bake another 10 to 15 minutes.) Cool on a rack for 10 minutes before serving.

NUTRIENTS PER SERVING (½ OF CASSEROLE): **CALORIES:** 261, **TOTAL FAT:** 10 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 33 g, **FIBER:** 4 g, **SUGARS:** 15 g, **PROTEIN:** 10 g, **SODIUM:** 232 mg, **CHOLESTEROL:** 108 mg

BALSAMIC ROASTED STRAWBERRY CLAFOUTI

SERVES 6.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 1 HOUR, 20 MINUTES.

Fresh strawberries are roasted with balsamic vinegar in this French-style baked dessert.

INGREDIENTS:

- 1 lb strawberries, trimmed and quartered (if large, cut into sixths), divided
- ½ cup plus 1 tbsp maple sugar, divided
- 1 tbsp balsamic vinegar
- Olive oil cooking spray
- 3 large eggs
- 1 cup whole milk
- ½ cup white whole-wheat flour
- 1 tsp pure vanilla extract

- ¼ tsp sea salt
- 2 tbsp organic unsalted butter, melted and cooled slightly

INSTRUCTIONS:

ONE: Preheat oven to 350°F. Transfer half of berries to an 8 x 8-inch baking dish; stir in 1 tbsp maple sugar and vinegar. Roast about 10 minutes, until tender but not mushy, stirring halfway. Let cool for 10 minutes.

TWO: Over a medium bowl, set a fine mesh sieve and pour in roasted strawberries and their liquid. Set aside to drain for about 10 minutes. To a small bowl, transfer roasted berries. Stir in remaining uncooked berries to bowl with strawberry liquid. **(MAKE AHEAD:** This can be done up to 1 day ahead; cover and refrigerate. Before proceeding, bring to room temperature.)

THREE: Preheat oven to 350°F. Mist a 9-inch cast iron skillet or 9-inch pie plate with cooking spray. To a blender, add eggs, milk, remaining ½ cup maple sugar, flour, vanilla and salt. Blend on high for 20 seconds. Add butter and blend on high for 45 seconds more. Pour into prepared skillet or pie plate then scatter roasted strawberries over batter. Bake in center of oven until puffed, edges are golden and center is set but slightly jiggly, about 30 minutes. Cool on a wire rack for 10 minutes. Cut into wedges and top with fresh berries.

NUTRIENTS PER SERVING (½ OF CLAFOUTI): **CALORIES:** 190, **TOTAL FAT:** 8 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 2.5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 23 g, **FIBER:** 2 g, **SUGARS:** 14 g, **PROTEIN:** 6 g, **SODIUM:** 136 mg, **CHOLESTEROL:** 107 mg



BANANA WALNUT CRUMBLE MUFFINS

with Chocolate Chips

MAKES 12 MUFFINS.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 50 MINUTES.

This classic muffin is a total crowd-pleaser, packed with sweet banana, crunchy walnuts and fragrant cinnamon. We opted for mini chocolate chips for chocolaty flavor in every single bite.

INGREDIENTS:

- 1 cup white whole-wheat flour
- 1 cup oat bran
- 1½ tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ¼ tsp sea salt
- ½ cup mini chocolate chips
- 1 large egg
- 3 very ripe bananas, mashed (about 1¼ cups)
- ½ cup whole milk
- ¼ cup pure maple syrup
- 3 tbsp safflower oil

CRUMB TOPPING

- ¼ cup finely chopped unsalted walnuts (about 1 oz)
- 3 tbsp white whole-wheat flour
- 2 tbsp maple sugar
- ½ tsp ground cinnamon (TRY: Simply Organic Ground Cinnamon)
- ¼ tsp sea salt
- 2 tbsp organic unsalted butter, melted

INSTRUCTIONS

ONE: Line a 12-count muffin tin with paper liners and preheat oven to 350°F. Prepare crumb topping: To a small bowl, add all crumb topping ingredients except butter and stir with a fork until combined. Add butter and stir until dry ingredients are moistened; set aside. (**MAKE AHEAD:** This can be done 1 day ahead. Cover and

refrigerate. Before proceeding with recipe, allow to come to room temperature, 1 to 2 hours. The topping will have firmed up, so use a spoon to crumble it again.)

TWO: Prepare muffins: In a large bowl, whisk together 1 cup flour, oat bran, baking powder, baking soda, 1 tsp cinnamon and ¼ tsp salt. Add chocolate chips and whisk to combine. (**MAKE AHEAD:** This can be done 1 day ahead. Cover and store at room temperature.) In another large bowl, lightly whisk egg then add bananas and whisk until combined. Add milk, maple syrup and oil and whisk until combined. (**MAKE AHEAD:** This can be done 1 day ahead. Cover and refrigerate. Allow to come to room temperature and whisk again before proceeding with recipe, about 1 hour.)

THREE: Add banana mixture to flour mixture and stir until dry ingredients are moistened. Add to muffin tin, filling each cup almost to the top. Sprinkle crumb topping over muffins (about 1 tbsp per muffin) and press down slightly on topping so it adheres. Bake until a toothpick inserted into center of a muffin comes out with a few moist crumbs, 18 to 20 minutes. Cool in pan for 5 minutes, then transfer to a rack. Serve warm. (**MAKE AHEAD:** Muffins can be baked up to 1 month ahead. Cool completely and freeze in zip-top freezer bags or airtight containers. Defrost at room temperature for 1 hour. Place muffins on a large rimmed baking sheet and loosely tent with foil. Heat in a 250°F oven for 7 to 8 minutes.)

NUTRIENTS PER SERVING

(1 MUFFIN): **CALORIES:** 226,
TOTAL FAT: 11 g, **SAT. FAT:** 3 g,
MONOUNSATURATED FAT: 2 g,
POLYUNSATURATED FAT: 4 g, **CARBS:**
33 g, **FIBER:** 4 g, **SUGARS:**
17 g, **PROTEIN:** 5 g, **SODIUM:** 267 mg,
CHOLESTEROL: 22 mg

Sweet benefit:

Not only do the bananas in this muffin recipe impart sweetness, but they also bestow a wealth of good-for-you nutrients. Bananas are an important source of energizing vitamin B₆ (also known as pyridoxine) as well as potassium, a mineral that helps the body's nerves, cells and muscles function normally.



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budget recipes

Feast on Fresh **FOR \$3 A PLATE!**

You don't have to spend a fortune to infuse your cooking with the bright, fresh flavors of the season. Our 5 crowd-pleasing weeknight meals will make your shopping and meal planning easier, all while keeping you comfortably within your budget.

BY DINA CHENEY, PHOTOGRAPHY BY GIBSON & SMITH

MONDAY

COST PER
PLATE
\$3.78

FULL RECIPE
\$15.13

Smoked Salmon Salad

WITH STRAWBERRIES,
GREEN BEANS & WATERCRESS

SERVES 4. HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 25 MINUTES.

A colorful salad with a raspberry shallot vinaigrette makes for a fresh and speedy meal.

INGREDIENTS:

- 6 oz fresh green beans, ends trimmed
- 1 small bunch watercress, trimmed (about 2½ cups)
- 1 15-oz BPA-free can unsalted cannellini or Great Northern beans, drained and rinsed
- 1 cup quartered, hulled fresh strawberries
- ½ lb smoked salmon, cut into 12 pieces
(NOTE: Wild smoked salmon is preferred; purchase if your budget allows.)

VINAIGRETTE

- 2 tbsp raspberry or red wine vinegar
- 1 tbsp extra-virgin olive oil
- 1 tbsp finely chopped shallot
- 1½ tsp raw honey
- ½ tsp Dijon mustard
- ½ tsp sea salt, divided
- Pinch fresh ground black pepper

INSTRUCTIONS:

ONE: In a medium pot fitted with a steamer basket, add 1 inch water and bring to a boil. Add green beans, cover and steam until crisp-tender and bright green, 6 to 7 minutes. Fill a medium bowl with ice water. Drain beans and plunge immediately into ice water; set aside.

TWO: Meanwhile, in a small bowl, whisk together all vinaigrette ingredients.

THREE: Divide watercress among serving plates. Top with green beans, cannellini beans and strawberries. Place 3 slices salmon over each serving. Drizzle vinaigrette over salads.

NUTRIENTS PER SERVING (¼ OF RECIPE):

CALORIES: 199, **TOTAL FAT:** 6 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 3.5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 23 g, **FIBER:** 6 g, **SUGARS:** 7 g, **PROTEIN:** 13 g, **SODIUM:** 359 mg, **CHOLESTEROL:** 9 mg

Asian Beef Lettuce Cups

WITH CARROT & DAIKON SLAW

SERVES 4. HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 40 MINUTES
(PLUS MARINATING TIME).

This dish is just as satisfying as the Asian lettuce cups on so many restaurant menus – but with far less salt and sugar. The vinegar-based quick-pickled slaw adds bright flavor and color.

INGREDIENTS:

- ¼ cup rice vinegar
- 1 tbsp plus ½ tsp raw honey, divided
- ½ tsp sea salt
- 1 carrot, peeled and cut into matchsticks (1½ cup)
- 1 daikon radish, cut into matchsticks (1½ cup) (TIP: If you can't find daikon radish, regular radish works well here too.)
- 1 tsp sesame oil
- 10 oz lean ground beef
- ½ cup finely chopped red onion
- 3 cloves garlic, minced
- 1 tbsp peeled and minced fresh ginger
- 1½ cups BPA-free canned unsalted black beans, drained and rinsed
- 1 tbsp reduced-sodium soy sauce
- 12 romaine lettuce leaves
- 2 tbsp chopped roasted unsalted peanuts
- 2 tbsp thinly sliced scallions

INSTRUCTIONS:

ONE: In a medium bowl, whisk together vinegar, 1 tbsp honey and salt. Add carrot and radish; toss to coat. Cover and transfer to refrigerator to marinate until tender and chilled, at least 2 hours or overnight.

TWO: Heat a large nonstick skillet on medium and brush with oil. Add beef and sauté until no longer pink, about 5 minutes. Push beef to one side of skillet. To other side, add onion, garlic and ginger; sauté until onion softens, about 2 minutes.

THREE: Add beans, soy sauce and remaining ½ tsp honey and stir all ingredients together; simmer for 3 minutes, stirring occasionally.

FOUR: Drain liquid from slaw. Fill each lettuce leaf with ¼ cup beef-bean mixture; top with slaw. Garnish with peanuts and scallions.

NUTRIENTS PER SERVING (3 LETTUCE LEAVES, ¾ CUP BEEF MIXTURE, ½ CUP SLAW):

CALORIES: 277, **TOTAL FAT:** 11 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 1.5 g, **CARBS:** 24 g, **FIBER:** 7 g, **SUGARS:** 6 g, **PROTEIN:** 21 g, **SODIUM:** 261 mg, **CHOLESTEROL:** 46 mg

TUESDAY

COST PER
PLATE
\$2.76

FULL RECIPE
\$11.04





COST PER
PLATE
\$2.96

WEDNESDAY

FULL RECIPE
\$11.84

Spring Frittata

WITH LEMON, ARTICHOKE & PEAS

SERVES 4. HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 40 MINUTES.

This frittata is delicious warm from the oven, at room temperature or chilled. If you can't find frozen artichoke hearts (and don't want to work with fresh ones), use an additional 1 cup frozen peas or 2 cups sliced zucchini.

INGREDIENTS:

- 3 large eggs, plus 8 large egg whites
- 2 tbsp finely chopped fresh mint leaves
- 1 tsp lemon zest
- ½ tsp sea salt, divided
- Pinch fresh ground black pepper
- 1½ tsp olive oil
- ¼ cup finely chopped red onion
- 1 clove garlic, minced
- 1 10-oz box or bag frozen peas, thawed and drained (or 10 oz fresh peas, blanched)
- 1 8-oz box frozen artichoke hearts, thawed and drained (or 8 oz fresh artichoke hearts, steamed or boiled)
- ¼ cup grated Parmesan or Pecorino cheese

INSTRUCTIONS:

ONE: Preheat oven to 375°F. In a medium bowl, whisk eggs and egg whites, mint, lemon zest, ¼ tsp salt and pepper.

TWO: Heat a 10-inch oven-safe nonstick skillet on medium and brush with oil. Add onion and garlic and sauté until tender, about 3 minutes. Add peas, artichokes and remaining ¼ tsp salt and sauté for 2 minutes, spreading vegetables in an even layer in skillet.

THREE: Pour egg mixture over vegetables, swirling pan to spread evenly. Sprinkle with cheese and cook until egg sets at edges, about 3 minutes.

FOUR: Transfer skillet to oven and bake until eggs are cooked through and cheese has melted, about 15 minutes. Carefully transfer frittata to a serving plate or serve straight from skillet.

NUTRIENTS PER SERVING (¼ OF FRITTATA):

CALORIES: 213, **TOTAL FAT:** 7 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 17 g, **FIBER:** 8 g, **SUGARS:** 5 g, **PROTEIN:** 19 g, **SODIUM:** 514 mg, **CHOLESTEROL:** 144 mg

THURSDAY

COST PER
PLATE
\$2.25

FULL RECIPE
\$9.01

French Onion Soup

WITH BACON & CHEESY BAGUETTE

SERVES 4. HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 45 MINUTES.

Bacon adds smokiness to this thick and comforting classic French soup. To save time, prepare cheese toasts during the last 10 minutes of soup simmering time.

INGREDIENTS:

- 2 1-oz slices all-natural bacon, no added nitrates or nitrites, finely chopped (½ cup)
- 2¾ cups thinly sliced red onion
- 1 clove garlic, minced
- 1 tsp organic unsalted butter
- ¼ cup fruity white wine (such as Riesling)
- 1 15-oz BPA-free can unsalted cannellini or Great Northern beans, rinsed and drained (**TRY:** Eden Organic Great Northern Beans)
- 4 cups low-sodium chicken broth
- 1 tbsp white balsamic vinegar
- ¾ tsp finely chopped fresh thyme leaves
- ¼ tsp sea salt
- Pinch ground nutmeg
- Pinch fresh ground black pepper
- 8 to 12 diagonally cut slices whole-wheat baguette, ¼ inch thick (½ of a thin baguette)
- ¼ cup finely grated Gruyère cheese (1 oz)

INSTRUCTIONS:

ONE: To a Dutch oven or medium pot on medium, add bacon and cook, stirring often, until bacon begins to crisp slightly on sides, about 7 minutes. Add onion, garlic and butter. Cover and reduce heat to medium-low. Cook until onions are golden and very tender, 8 to 10 minutes.

TWO: Add wine, increase heat to medium-high and cook for 1 minute. Add beans, broth, vinegar, thyme, salt, nutmeg and pepper; bring to a boil. Cover, reduce heat to medium-low and simmer for 20 minutes. Using a potato masher, gently mash about half of beans. (**NOTE:** Mashing some of the beans helps thicken the soup.)

THREE: Meanwhile, position oven rack about 6 inches below heating element and preheat broiler to high. On a large rimmed foil-lined baking sheet, arrange baguette slices and sprinkle cheese over each slice. Broil until cheese melts and baguette slices are golden brown, 2 to 3 minutes. (**TIP:** Watch closely so as not to burn the bread.) Ladle soup into bowls and place 2 to 3 cheese toasts on the surface of each serving of soup.

NUTRIENTS PER SERVING (1 CUP SOUP AND 2 TO 3 BAGUETTE SLICES):

CALORIES: 281, **TOTAL FAT:** 12 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 31 g, **FIBER:** 6 g, **SUGARS:** 5.5 g, **PROTEIN:** 15 g, **SODIUM:** 391 mg, **CHOLESTEROL:** 17 mg

Chicken, Artichoke & Baby Potato Roast

WITH GREEK HERBS & LEMON

SERVES 4. HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 1 HOUR, 5 MINUTES.

This Greek-inspired entrée couldn't be simpler to prepare – just toss and roast. Round out the meal by serving it with a salad or fresh fruit for dessert.

INGREDIENTS:

- Olive oil cooking spray
- 4 bone-in, skinless chicken thighs (about 1½ lb total)
- 1 large lemon
- 4 cloves garlic
- 1 8-oz box frozen artichoke hearts, thawed and drained
- 1¼ lb baby red, white or yellow potatoes, scrubbed and quartered (about 12)
- 2 tbsp finely chopped fresh oregano leaves
- 1 tbsp olive oil

- ½ tsp sea salt
- ⅛ tsp red pepper flakes
- Pinch fresh ground black pepper
- ½ cup crumbled feta cheese, room temperature

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Line a large baking sheet with foil and mist with cooking spray. Using paper towels, pat chicken dry. Zest half of lemon and cut remaining half into wedges. Using tongs, in a large bowl, toss chicken with lemon zest, lemon wedges, garlic, artichokes, potatoes, oregano, oil, salt, pepper flakes and black pepper until well coated. Spread chicken and vegetables onto a large baking sheet or baking dish.

TWO: Roast for about 45 minutes, turning chicken and vegetables halfway, until potatoes are tender and an internal thermometer inserted into center of chicken thigh reaches 165°F. Remove and discard lemon wedges. Divide chicken and vegetables between serving plates and sprinkle with cheese.

NUTRIENTS PER SERVING (1 CHICKEN THIGH AND ¾ CUP VEGETABLES):

CALORIES: 396, **TOTAL FAT:** 15 g, **SAT. FAT:** 5 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 31 g, **FIBER:** 4 g, **SUGARS:** 1 g, **PROTEIN:** 33 g, **SODIUM:** 500 mg, **CHOLESTEROL:** 149 mg

FRIDAY

COST PER
PLATE
\$3.10

FULL RECIPE
\$12.41



TEAR OUT THIS GROCERY LIST FOR 5 SCRAPE-THE-PLATE WEEKNIGHT DINNERS!

MONDAY

Smoked
Salmon Salad

- 6 oz fresh green beans \$1.00
- 1 small bunch watercress \$1.99
- 1 15-oz BPA-free can unsalted cannellini or Great Northern beans \$1.29
- 6 oz fresh strawberries \$3.00
- ½ lb smoked salmon (NOTE: Wild smoked salmon is preferred; purchase if your budget allows.) \$7.65
- 1 small shallot \$0.20

Total: \$15.13

PANTRY STAPLES

- Raspberry or red wine vinegar
- Extra-virgin olive oil
- Raw honey
- Dijon mustard
- Sea salt
- Fresh ground black pepper

TUESDAY

Asian Beef
Lettuce Cups

- 1 carrot \$0.12
- 1 daikon radish \$0.75
- 10 oz lean ground beef \$6.22
- 1 red onion \$0.30
- 3 cloves garlic \$0.12
- 1-inch piece fresh ginger \$0.12
- 1 BPA-free can unsalted black beans \$2.12
- 1 head romaine lettuce \$0.84
- ⅔ oz roasted unsalted peanuts \$0.25
- 2 scallions \$0.20

Total: \$11.04

PANTRY STAPLES

- Rice vinegar
- Raw honey
- Sea salt
- Sesame oil
- Reduced-sodium soy sauce

WEDNESDAY

Spring Frittata

- 11 large eggs \$4.95
- ¼ bunch fresh mint \$0.50
- 1 lemon \$0.34
- ½ small red onion \$0.15
- 1 clove garlic \$0.03
- 1 10-oz box frozen peas \$1.39
- 1 8-oz box frozen artichoke hearts \$3.49
- 1 oz Parmesan or Pecorino cheese \$0.99

Total: \$11.84

PANTRY STAPLES

- Sea salt
- Fresh ground black pepper
- Olive oil

THURSDAY

French Onion Soup

- 2 1-oz slices all-natural bacon, no added nitrates or nitrites \$1.42
- 2 large red onions \$2.58
- 1 clove garlic \$0.03
- 2 oz fruity white wine, such as Riesling \$0.59
- 1 15-oz BPA-free can unsalted cannellini or Great Northern beans \$2.33
- ¼ bunch fresh thyme \$0.30
- ½ thin whole-wheat baguette \$0.76
- 1 oz Gruyère cheese \$1.00

Total: \$9.01

PANTRY STAPLES

- Organic unsalted butter
- Low-sodium chicken broth
- White balsamic vinegar
- Sea salt
- Ground nutmeg
- Fresh ground black pepper

FRIDAY

Chicken, Artichoke
& Baby Potato Roast

- 4 bone-in, skinless chicken thighs (about 1½ lb total) \$3.60
- 1 large lemon \$0.75
- 4 cloves garlic \$0.12
- 1 8-oz box frozen artichoke hearts \$3.49
- 1¼ lb baby red, white or yellow potatoes (about 12) \$2.65
- ¼ bunch fresh oregano \$0.65
- 2 oz crumbled feta cheese \$1.15

Total: \$12.41

PANTRY STAPLES

- Olive oil cooking spray
- Olive oil
- Sea salt
- Red pepper flakes
- Fresh ground black pepper



French Onion Soup
WITH BACON & CHEESEY BAGUETTE
(SEE RECIPE P. 68)

DANDELION ERMOLAEV/SHUTTERSTOCK, FLOWERS CHRISTIAN JUNG/SHUTTERSTOCK, WOMAN ON BIKE GORILLAIMAGES/SHUTTERSTOCK, GIRL BARBECUING KZENON/SHUTTERSTOCK, COUPLE CAMPING BLAZELIVAK/SHUTTERSTOCK



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BY HEATHER BAINBRIDGE, RD, CDN
RECIPE PHOTOGRAPHY BY NATALIE PERRY



SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 14 oz feta cheese
- 3 oz Parmesan cheese
- 1 dozen eggs
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 1 qt whole buttermilk
- 3 16-oz containers plain Greek yogurt (**TRY:** Voss Original Plain Greek Yogurt)
- 30 oz boneless, skinless chicken breasts
- 4 bone-in skinless chicken thighs (1½ lb)
- 1 5-oz wild salmon fillet
- 1 4-oz boneless pork chop
- 1 all-natural veggie burger (**TRY:** Amy's California Veggie Burger)

VEGGIES & FRUITS

- 2 bananas
- 1 pint blueberries
- 1 cantaloupe
- 4 peaches
- 2 half-pints raspberries
- 1 qt strawberries
- 12 oz asparagus
- 3 heads Boston lettuce
- 1 bunch celery
- 13 oz carrots
- 1 avocado
- 1 bunch fresh cilantro
- 1 bunch fresh oregano
- 1 small bunch fresh mint
- 2 red onions
- 2 heads garlic
- 3 lemons
- 1 sweet potato
- 1¼ lb baby red, white or yellow potatoes (about 12)
- 3 vine tomatoes

WHOLE GRAINS

- 1 box gluten-free whole-grain cereal
- 1 loaf gluten-free whole-grain bread

- 1 box brown rice crackers (**TRY:** Mary's Gone Crackers Original)
- 1 bag buckwheat groats
- 1 bag buckwheat flour
- 1 box gluten-free whole-grain rotini pasta

NUTS, SEEDS & OILS





- 1 jar natural unsalted nut butter
- 2 oz sliced unsalted almonds
- 4 oz unsalted hazelnuts
- 1 bottle olive oil cooking spray
- 1 bottle olive oil
- 1 bottle extra-virgin olive oil

EXTRAS

- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna)
- 1 15-oz BPA-free can unsalted chickpeas
- 1 bag hazelnut meal or flour (**TRY:** Bob's Red Mill Hazelnut Flour/M meal)
- 1 bag coconut flour
- 1 container unsweetened dried apricots
- 1 bottle garlic powder
- 1 bottle paprika
- 1 bottle red pepper flakes
- 1 bottle dried oregano
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 box baking soda
- 1 bag organic Sucanat
- 1 bottle pure vanilla extract
- 1 jar marinara sauce
- 1 8-oz container hummus
- 1 jar Dijon mustard
- 1 bottle balsamic vinegar
- 1 2-lb bag frozen broccoli
- 2 8-oz bags frozen artichoke hearts
- 1 10-oz bag frozen green peas
- 1 10-oz bag frozen whole green beans (**TRY:** Earthbound Farm Whole Organic Green Beans)
- 1 container vanilla protein powder

WHAT ELSE DO YOU NEED?

MEAL PLAN: WEEK 1

	MONDAY	TUESDAY
BREAKFAST	Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk 	1 Hazelnut Raspberry Peach Bar (leftovers, p. 76) ½ cup Greek yogurt 
SNACK	1 Hazelnut Raspberry Peach Bar (see recipe, p. 76; save leftovers)	½ cup blueberries ½ oz hazelnuts
LUNCH	Tuna Salad A 1 cup sliced strawberries 1 oz brown rice crackers	1 serving Springtime Chicken Salad (leftovers, p. 76) 1 cup chopped cantaloupe 
SNACK	1 slice bread, toasted, with 1 tbsp nut butter	1 oz brown rice crackers with 2 tbsp hummus
DINNER	1 serving Springtime Chicken Salad (see recipe, p. 76; save leftovers) 	Top 5 oz salmon with 1 tbsp lemon juice and ½ tsp paprika; bake Toss 10 asparagus spears with 2 tsp lemon juice, 1 tsp EVOO and pinch each salt and black pepper; roast Kasha B (eat 1 cup; save leftovers)
TOTAL NUTRIENTS	CALORIES: 1,596, FAT: 56 g, SAT. FAT: 14 g, CARBS: 195 g, FIBER: 32 g, SUGARS: 61 g, PROTEIN: 88 g, SODIUM: 1,630 mg, CHOLESTEROL: 177 mg	CALORIES: 1,481, FAT: 66 g, SAT. FAT: 18 g, CARBS: 333 g, FIBER: 23 g, SUGARS: 44 g, PROTEIN: 98 g, SODIUM: 1,458 mg, CHOLESTEROL: 207 mg










NOTE: *Clean Eating* shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). At the end of Week Two, freeze any unused items for future use.

BANANAS: MARYA MORENO/SHUTTERSTOCK, CANTALOUPE: HONG VO/SHUTTERSTOCK, APRICOTS: OLGA POPOVA/SHUTTERSTOCK, CRACKERS: MARILYN BARBONE/SHUTTERSTOCK, RASPBERRIES: MURIKOV EGOB/SHUTTERSTOCK, BEANS: PHOTOLINC/SHUTTERSTOCK

EVOO = extra-virgin olive oil

MEAL PLAN

MEAL PLAN:
WEEK 1

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strawberry Yogurt Crunch: Top ¾ cup Greek yogurt with ½ cup cereal and 1 cup sliced strawberries	Strawberry & Peach Smoothie: Blend 1 cup milk, ½ cup sliced strawberries, 1 peach, sliced, ¼ avocado and ¼ cup protein powder with ice cubes as desired	Peach Cereal: Top 1 cup cereal with 1 peach, sliced, and ¾ cup milk	Blueberry Yogurt Smoothie: Blend ½ cup each milk, Greek yogurt and blueberries and ¼ cup protein powder with ice as desired	Fruity Crunch: Combine 1 cup cereal, ¾ cup Greek yogurt, ½ cup blueberries, ¼ cup sliced strawberries and ½ peach, sliced
1 Hazelnut Raspberry Peach Bar (leftovers, p. 76)	1 slice bread, toasted, with 1 tbsp nut butter ¼ cup raspberries	¾ cup Greek yogurt with 2 tbsp chopped dried apricots 	1 cup sliced strawberries and ½ cup blueberries	1 oz brown rice crackers with 3 tbsp feta 
Veggie Burger: Arrange 1 cooked veggie burger, 1 leaf lettuce and 1 slice each tomato and red onion between 2 slices bread, toasted 1 cup chopped cantaloupe	Spring Frittata with Lemon, Artichoke & Peas (see recipe, p. 68) 	Chickpea Salad: Mix 1 cup chickpeas, ½ cup chopped tomatoes, ¼ cup each chopped celery and frozen green beans, thawed, and 2 tbsp feta; stir in 1 tbsp vinegar mixed with 1 tsp EVOO, ½ tsp oregano and pinch each salt and black pepper 1 cup chopped cantaloupe	Nut Butter & Strawberry Sandwich: Spread 2 tbsp nut butter on 2 slices bread and top with ¼ cup sliced strawberries 1 carrot, sliced, with 2 tbsp hummus	Banana Nut Butter Shake: Blend 1 cup milk, 1 banana, ¼ cup protein powder and 1 tbsp nut butter with ice as desired; top with 1 tsp chopped hazelnuts
½ avocado, sliced, with 1 oz brown rice crackers	¾ cup Greek yogurt with ½ cup raspberries 	1 Hazelnut Raspberry Peach Bar (leftovers, p. 76)	1 egg, hard-boiled 1 cup Kasha (leftovers)	1 carrot, sliced, with 2 tbsp hummus Remaining peach (from breakfast)
Season 5 oz chicken with ½ tsp dried oregano, 2 tsp lemon juice and pinch each salt and black pepper; bake 1 cup frozen green beans, steamed 1 cup Kasha (leftovers) 	Broccoli Pasta: Combine 2 oz rotini pasta, cooked, with 1 cup frozen broccoli, steamed, and ¾ cup marinara sauce; top with 3 tbsp feta 	Sweet Mustard Pork Chop: Combine ½ tsp mustard, ½ tsp each garlic powder, Sucanat and black pepper; spread over 4-oz pork chop; bake 1 sweet potato, baked; drizzle with 1 tsp EVOO Turkish Salad 	Season 5 oz chicken with pinch each salt and black pepper; bake Toss 10 asparagus spears with 2 tsp lemon juice, 1 tsp EVOO and pinch each salt and black pepper; roast Turkish Salad 	Chicken, Artichoke & Baby Potato Roast with Greek Herbs & Lemon (see recipe, p. 69) 
CALORIES: 1,585, FAT: 51 g, SAT. FAT: 10 g, CARBS: 199 g, FIBER: 34 g, SUGARS: 51 g, PROTEIN: 92 g, SODIUM: 2,121 mg, CHOLESTEROL: 209 mg	CALORIES: 1,440, FAT: 64 g, SAT. FAT: 27 g, CARBS: 141 g, FIBER: 31 g, SUGARS: 51 g, PROTEIN: 83 g, SODIUM: 2,301 mg, CHOLESTEROL: 226 mg	CALORIES: 1,763, FAT: 72 g, SAT. FAT: 27 g, CARBS: 202 g, FIBER: 34 g, SUGARS: 94 g, PROTEIN: 79 g, SODIUM: 1,873 mg, CHOLESTEROL: 225 mg	CALORIES: 1,610, FAT: 69 g, SAT. FAT: 22 g, CARBS: 147 g, FIBER: 26 g, SUGARS: 59 g, PROTEIN: 115 g, SODIUM: 1,595 mg, CHOLESTEROL: 418 mg	CALORIES: 1,616, FAT: 69 g, SAT. FAT: 28 g, CARBS: 163 g, FIBER: 19 g, SUGARS: 62 g, PROTEIN: 90 g, SODIUM: 1,545 mg, CHOLESTEROL: 258 mg

Tuna Salad:
Toss 3 cups chopped lettuce, 3 oz tuna, ½ cup chickpeas, ¼ cup each chopped celery and carrots and ¼ avocado, sliced; dress with 1½ tbsp vinegar mixed with ½ tsp EVOO and ½ tsp Dijon mustard

A

Kasha: In a saucepan on medium-high, toast 1 cup buckwheat groats for 5 minutes. Add 1 beaten egg; stir and cook 1 minute. Add 2 cups water; boil, cover and simmer 25 to 30 minutes. Season with pinch each salt, black pepper and garlic powder

B









Turkish Salad:
Combine 2 cups lettuce, ¼ cup each sliced carrots and chopped tomatoes, 2 tbsp chopped dried apricots, 2 tbsp feta and 1 tsp sliced almonds; dress with 1 tbsp vinegar mixed with ½ tsp EVOO and ½ tsp mustard

C

EVOO = extra-virgin olive oil

MEAL PLAN

MEAL PLAN:
WEEK 2

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Watermelon Smoothie: Blend 2 cups chopped watermelon, 1 cup milk, ¼ avocado and ¼ cup protein powder with ice as desired	1 Hazelnut Raspberry Peach Bar (leftovers, p. 76), thawed and toasted 1 cup sliced strawberries	Peach Cereal: Top 1 cup cereal with 1 peach, sliced, and ¾ cup milk	1 cup cottage cheese with 1 cup frozen raspberries, thawed, and 1 tbsp sliced almonds 	Open-Face Egg Sandwich: Arrange ¼ cup spinach, steamed, 1 egg, cooked, 1½ tbsp feta and 1 tbsp Tzatziki (leftovers, p. 77) on 1 slice bread, toasted
1 Hazelnut Raspberry Peach Bar (leftovers, p. 76), thawed and toasted	½ cup cottage cheese with ½ cup cereal and 1 tbsp sliced almonds	½ cup cottage cheese with 4 dried apricots, chopped, and ½ oz hazelnuts	1 slice bread, toasted, with 1½ tbsp nut butter	Peach Smoothie: Blend ¾ cup milk, 1 peach, chopped, and 2 tbsp protein powder with ice as desired
Egg & Salmon Sandwich: Arrange 1 egg, hard-boiled, 2 oz canned salmon (leftovers), ¼ avocado, sliced, and 1 slice tomato between 2 slices bread, toasted 1 carrot, sliced	Leftover Pork Sandwich B 1 peach 	Tex-Mex Salad: Combine 2 cups spinach, ¾ cup black beans, ¼ cup each frozen corn, chopped celery and tomatoes, ¼ avocado, sliced, 2 tbsp diced scallion and 2 tbsp feta; dress with 1½ tbsp vinegar mixed with ½ tsp EVOO and 2 tsp chopped fresh cilantro	Orange, Beet & Lentil Salad with Pistachio-Crusted Goat Cheese (see recipe, p. 43) 	1 serving Mediterranean Mahi Mahi with Rainbow Pilaf (leftovers, p. 77) 
Apricot Yogurt Crunch: Mix ½ cup Greek yogurt, ¼ cup cereal, 4 dried apricots, chopped, and 1 tbsp sliced almonds	Raspberry Smoothie: Blend 1 cup milk, 1 cup frozen raspberries and ¼ cup protein powder with ice as desired	2 cups chopped watermelon	1 carrot, sliced, with 2 tbsp hummus	½ red bell pepper, sliced, with 2 tbsp hummus 1 cup chopped watermelon
Season 5 oz chicken with pinch each salt and black pepper; grill and top with 2 tbsp Tzatziki (leftovers, p. 77) ¾ cup Creamy Polenta and ½ cup cooked vegetables (leftovers, p. 77) 	Seared Scallops with Caponata & Roasted Cauliflower Purée (see recipe, p. 42) 	Veggie Burger Deluxe C 1 cup frozen green beans, steamed; top with 1 tbsp sliced almonds	1 serving Mediterranean Mahi Mahi with Rainbow Pilaf (see recipe, p. 77; save leftovers) 	5 oz Pork Tenderloin (leftovers, p. 77), thawed and reheated 1 cup frozen corn, steamed; with 1½ tbsp feta 1½ cups frozen broccoli, steamed; with ¼ cup Parmesan 
CALORIES: 1,736, FAT: 80 g, SAT. FAT: 26 g, CARBS: 154 g, FIBER: 25 g, SUGARS: 71 g, PROTEIN: 113 g, SODIUM: 1,618 mg, CHOLESTEROL: 454 mg	CALORIES: 1,595, FAT: 58.5 g, SAT. FAT: 16.5 g, CARBS: 159 g, FIBER: 31 g, SUGARS: 76 g, PROTEIN: 116.5 g, SODIUM: 2,091 mg, CHOLESTEROL: 193 mg	CALORIES: 1,583, FAT: 58 g, SAT. FAT: 13 g, CARBS: 218 g, FIBER: 45 g, SUGARS: 79 g, PROTEIN: 60 g, SODIUM: 1,678 mg, CHOLESTEROL: 49 mg	CALORIES: 1,490, FAT: 67 g, SAT. FAT: 16 g, CARBS: 139 g, FIBER: 36.5 g, SUGARS: 39 g, PROTEIN: 96 g, SODIUM: 2,226 mg, CHOLESTEROL: 220 mg	CALORIES: 1,515, FAT: 53 g, SAT. FAT: 22 g, CARBS: 154 g, FIBER: 23 g, SUGARS: 55 g, PROTEIN: 125 g, SODIUM: 1,788 mg, CHOLESTEROL: 498 mg

Salmon Salad:
Combine 2 cups chopped spinach, 4 oz canned salmon (save leftovers), ½ cup black beans, ¼ cup each chopped celery and carrots, and 1 tbsp chopped shallot; dress with 1½ tbsp vinegar mixed with ½ tsp EVOO and ½ tsp mustard

Leftover Pork Sandwich:
Arrange 5 oz Pork Tenderloin, 2 tbsp Tzatziki (leftovers, p. 77), 1 slice tomato and ¼ cup spinach between 2 slices bread, toasted

Veggie Burger Deluxe:
Arrange 1 cooked veggie burger, ¼ avocado, sliced, 2 tbsp spinach, 1 slice tomato and 1 tbsp each chopped scallion and fresh cilantro between 2 slices bread, toasted

RECIPES: WEEK 1



Hazelnut Raspberry Peach Bars

MAKES 8 BARS.
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 55 MINUTES.

INGREDIENTS:

- $\frac{3}{4}$ cup buckwheat flour
- $\frac{1}{2}$ cup ground hazelnut flour or hazelnut meal
- $\frac{1}{4}$ cup coconut flour
- 1 tsp baking soda
- $\frac{1}{4}$ tsp sea salt
- 1 large egg
- $1\frac{1}{2}$ cups whole buttermilk
- 3 tbsp plus 1 tsp Sucanat, divided
- 1 tsp lemon zest
- 1 tsp pure vanilla extract
- 1 cup raspberries, mashed
- $\frac{1}{2}$ cup diced peaches
- $\frac{1}{4}$ cup plus 2 tbsp toasted and chopped hazelnuts, divided

INSTRUCTIONS:

ONE: Preheat oven to 375°F. In a large bowl, combine flours, baking soda and salt. In a small bowl, whisk egg; stir in

buttermilk, 3 tbsp Sucanat, lemon zest and vanilla. Add egg mixture to flour mixture and stir until just combined. Stir in raspberries, peaches and $\frac{1}{4}$ cup hazelnuts.

TWO: Prepare topping: In a small bowl, stir together remaining 2 tbsp hazelnuts and remaining 1 tsp Sucanat.

THREE: Line the bottom of a 7 x 11-inch glass baking dish with parchment paper. Pour batter into pan. Sprinkle topping over batter and lightly press topping down with the back of a spoon. Bake for 28 to 32 minutes, until a toothpick inserted in center comes out clean. Let cool for 5 to 10 minutes. Cut into 8 bars.

TIP: If following our Meal Plan, store 3 bars in a resealable container and freeze 3 bars individually; defrost when called for.

NUTRIENTS PER SERVING (1 BAR):

CALORIES: 201, **TOTAL FAT:** 11 g,
SAT. FAT: 2 g, **MONOUNSATURATED**
FAT: 6 g, **POLYUNSATURATED FAT:** 1 g,
CARBS: 22 g, **FIBER:** 5 g, **SUGARS:** 10 g,
PROTEIN: 6 g, **SODIUM:** 286 mg,
CHOLESTEROL: 28 mg

Springtime Chicken Salad

SERVES 4.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 1 $\frac{1}{4}$ lb boneless, skinless chicken breast
- $\frac{1}{4}$ tsp sea salt
- 1 to $1\frac{1}{2}$ heads Boston lettuce, chopped
- 6 dried unsweetened apricots, chopped
- $\frac{1}{4}$ cup diced red onion
- $\frac{1}{4}$ cup seeded and diced tomato
- 2 tbsp sliced unsalted almonds
- $\frac{1}{2}$ tsp paprika

DRESSING

- 1 clove garlic, crushed
- $\frac{1}{2}$ cup plain Greek yogurt
- $\frac{1}{3}$ cup crumbled feta cheese
- 4 tsp fresh lemon juice
- 1 tsp minced fresh cilantro leaves
- $\frac{1}{4}$ tsp fresh ground black pepper

INSTRUCTIONS:

ONE: In a medium pot on

medium-high, add chicken and enough water to cover by 1 inch; add salt to water. Bring to a boil, reduce heat to low and cover. Simmer for 10 minutes or until chicken is cooked to an internal temperature of 165°F. Drain water and set chicken aside to cool.

TWO: Meanwhile, in a medium bowl, combine all dressing ingredients.

THREE: Shred chicken into bite-size pieces and place in a large bowl; add lettuce, apricots, onion, tomato and almonds. Pour dressing over chicken mixture and stir until well coated. Sprinkle with paprika.

TIP: If following our Meal Plan, refrigerate 1 serving as leftovers. (If desired, set aside salad and dressing portion and toss before serving.)

NUTRIENTS PER SERVING ($\frac{1}{4}$ OF SALAD):

CALORIES: 293, **TOTAL FAT:** 10 g, **SAT.**
FAT: 5 g, **MONOUNSATURATED FAT:** 3 g,
POLYUNSATURATED FAT: 1 g
CARBS: 12 g, **FIBER:** 2 g, **SUGARS:** 6 g,
PROTEIN: 37 g, **SODIUM:** 224 mg,
CHOLESTEROL: 100 mg



RECIPES: WEEK 2



Mediterranean Mahi Mahi

WITH RAINBOW PILAF & SPICY OLIVE TAPENADE

SERVES 4.
HANDS-ON TIME: 40 MINUTES.
TOTAL TIME: 45 MINUTES.

INGREDIENTS:

- ½ tsp lemon zest plus ¼ cup fresh lemon juice, divided
- 1 tbsp extra-virgin olive oil
- 2 tsp reduced-sodium soy sauce
- ¼ cup plus 2 tbsp chopped fresh cilantro leaves, divided
- 4 6-oz boneless mahi mahi fillets
- 1 cup buckwheat groats
- 1 egg, beaten
- 2 cups low-sodium vegetable or chicken broth
- 2 cups chopped baby spinach
- ½ cup diced red bell pepper
- ½ cup frozen corn, thawed
- ½ cup chopped scallions, green and white parts only
- ¼ tsp plus ½ tsp fresh ground black pepper, divided
- 1 jalapeño chile pepper, seeded and chopped
- 1 clove garlic
- ½ cup pitted olives

INSTRUCTIONS:

ONE: In a small bowl, whisk lemon juice, oil, soy sauce and 2 tbsp cilantro. Place mahi mahi in a large resealable bag; pour in soy mixture. Transfer to refrigerator

for 15 minutes, turning once.

TWO: Meanwhile, in a medium pot on medium-high, toast buckwheat for 5 minutes, stirring constantly. Add egg, stirring until cooked. Add broth and increase heat to high; bring to a boil. Cover pot, reduce heat to low and simmer for 25 to 30 minutes. Remove from heat and keep covered for 5 minutes. Stir in spinach, bell pepper, corn, scallions, remaining ¼ cup cilantro and ¼ tsp black pepper.

THREE: Heat a large skillet on medium-high. Add mahi mahi, skin side down, along with marinade. Cook fillets until just opaque throughout, about 3 to 4 minutes per side.

FOUR: Meanwhile, in a mini food processor, place jalapeño, garlic, olives, lemon zest and remaining ½ tsp black pepper. Process until finely chopped.

FIVE: Serve mahi mahi with pilaf and top with tapenade.

TIP: If following our meal plan, refrigerate 1 serving of mahi mahi, pilaf and tapenade for leftovers. Save remaining bell pepper for snack in Meal Plan.

NUTRIENTS PER SERVING
(1 MAHI MAHI FILLET, 1½ CUPS VEGETABLE PILAF, 1 TBSP TAPENADE):
CALORIES: 414, **TOTAL FAT:** 10 g,
SAT. FAT: 2 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 2 g,
CARBS: 42 g, **FIBER:** 7 g, **SUGARS:** 3 g,
PROTEIN: 40 g, **SODIUM:** 599 mg,
CHOLESTEROL: 171 mg

Pork Tenderloin

WITH TZATZIKI & CREAMY POLENTA

SERVES 4 (PLUS 1 TENDERLOIN FOR LEFTOVERS).
HANDS-ON TIME: 40 MINUTES.
TOTAL TIME: 50 MINUTES.

INGREDIENTS:

- 2 tbsp plus 2 tsp dried oregano
- 2¼ tsp fresh ground black pepper, divided
- 1½ tsp red pepper flakes
- ¼ tsp sea salt
- 2 pork tenderloins (1½ lb each), trimmed
- 6½ cloves garlic (5 cloves thinly sliced, 1½ cloves minced), divided
- 2 cups low-sodium vegetable or chicken broth
- 1½ cups whole buttermilk
- 1 cup whole-grain cornmeal
- ½ cup crumbled feta cheese
- ½ cup shredded Parmesan cheese
- 1 tsp extra-virgin olive oil
- ½ cup chopped shallots
- 4 cups loosely packed baby spinach
- 1 cup seeded and chopped tomatoes
- 1 tbsp sliced pitted olives
- ½ cucumber, peeled, seeded and chopped
- 1 cup plain Greek yogurt
- 1 tbsp fresh lemon juice

INSTRUCTIONS:

ONE: Preheat oven to 425°F. In a small bowl, combine oregano, 2 tsp black pepper, pepper flakes and salt. Make 2 cuts along top of each tenderloin, ¼ inch deep. Place sliced garlic in cuts. Spread oregano mixture over pork. Transfer to a roasting pan fitted with rack. Roast for 25 to 30 minutes, until pork reaches internal temperature of 145°F. Cover with foil.

TWO: Meanwhile, in a medium pot on medium-high, bring broth, buttermilk and 1½ cups water to a boil. Slowly add cornmeal, stirring constantly for 5 minutes. Reduce to low and simmer for 25 minutes, stirring frequently. Stir in feta, Parmesan and ½ tsp black pepper.

THREE: Meanwhile, in a medium skillet on medium, heat oil. Add shallots and 1 clove minced garlic; sauté for 2 minutes. Reduce heat to low; add spinach and tomatoes. Sauté for 2 minutes, until spinach wilts. Turn off heat; stir in olives and remaining ½ tsp black pepper.

FOUR: Prepare tzatziki: In a medium bowl, combine cucumber, yogurt, lemon juice and remaining ½ clove minced garlic.

FIVE: Slice pork and serve with polenta. Spoon vegetables over polenta; drizzle tzatziki over pork.

TIP: If following our Meal Plan, slice 1 cooked tenderloin; freeze 5 oz and refrigerate remaining. Refrigerate 1½ cups polenta, ⅔ cup vegetables and 7 tbsp tzatziki.

NUTRIENTS PER SERVING
(5 OZ PORK, ¾ CUP POLENTA, ½ CUP VEGETABLES, 2 TBSP TZATZIKI):
CALORIES: 553, **TOTAL FAT:** 21 g, **SAT. FAT:** 11 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 2 g,
CARBS: 45 g, **FIBER:** 7 g, **SUGARS:** 11 g, **PROTEIN:** 47 g, **SODIUM:** 626 mg,
CHOLESTEROL: 124 mg



MEXICO

Cheers for CHILAQUILES!

A delicious jumble of flavors and textures, chilaquiles are the perfect comfort food to whip up for a little Cinco de Mayo fun.

STORY AND PHOTOGRAPHY BY JILL SILVERMAN HOUGH



JILL SILVERMAN HOUGH

A culinary instructor, recipe developer and most recently co-author of *The Clean Plates Cookbook: Sustainable, Delicious, and Healthier Eating for Every Body* (Running Press, 2012), Hough takes great enjoyment in helping readers create cleaned-up versions of popular international dishes at home with ease. For more of her recipes, visit jillhough.com.

Isn't it great that so many of the world's most beloved foods have such humble beginnings? How, no matter where you go, the most-craved dishes are not the fanciest or most rare but the simplest, made from whatever is available and inexpensive?

Chilaquiles (chee-lah-KEE-lehs) is no exception. A traditional Mexican dish invented to use up leftovers, chilaquiles gets its name from the Nahuatl word *chilaquilitl*, which translates to "herbs or greens in chile broth" – though it's also said to mean "a broken-up old sombrero"!

Kind of a mash-up of nachos and enchiladas, chilaquiles is basically tortillas that are fried, simmered in sauce and topped with whatever is on hand. Depending on the region – and the cook – the sauce might be green salsa, red salsa or even cream sauce, and the toppings might include cheese, chicken, cilantro, onion, avocado, radishes or lime wedges.

Enjoy it any time

Chilaquiles is typically served for

breakfast or brunch, reflecting its use-up-last-night's-ingredients beginnings, and can even include fried or scrambled eggs. Perhaps not coincidentally, chilaquiles is also considered a great hangover cure, the combination of starch and spice being both comforting and energizing – worth remembering in case you have one too many margaritas.

But don't let any of that stop you from enjoying chilaquiles for lunch, dinner or any time you're in the mood for Mexican. Its familiar flavors are uniquely delightful.

Enjoy it clean

This dish is so adjustable that it's easy to make clean. By simply keeping the saltier and fattier toppings in check, we're halfway there.

To get the rest of the way, instead of frying the tortillas into chips – or buying already-fried tortilla chips – I simply brush my tortillas with a bit of oil and bake them. The result is nicely crisped chips with plenty of flavor but less salt, fat and hassle.

MAKE CHILAQUILES YOUR OWN

My recipe includes red chile sauce, chicken, queso fresco, avocado and cilantro. But remember that chilaquiles is about using up leftovers, so vary it depending on your taste and whatever is in your fridge.

Switch Up Your Sauce:

- Red or green salsa
- Red or green enchilada sauce
- Mole sauce
- Cream sauce

Put a Twist on Toppings:

- Scrambled or fried eggs
- Shredded beef
- Cooked chorizo
- Other Mexican cheeses, like *cojita*, *queso añejo* or *asadero*
- Shredded Monterey Jack cheese
- Crumbled feta or goat cheese
- Mexican crema, *crème fraîche* or sour cream
- Chopped scallions
- Sliced radishes
- Lime wedges
- Corn kernels
- Sliced olives

Chilaquiles

SERVES 6.

HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES.

A delicious jumble of tortilla chips, chile sauce and fresh Mexican toppings, chilaquiles can be served while the chips are still crisp or after they've softened to an enchilada-like texture. This recipe puts them nicely in between, with both crunchy and soft bits.

INGREDIENTS:

- 6 dried guajillo or New Mexico chiles, stemmed and seeded (**TIP:** Cut or tear off the stems then shake or squeeze out the seeds. Guajillo chiles can be found in the ethnic section of your supermarket and at Latin markets.)
- 12 6-inch corn tortillas
- 2 tbsp neutral-flavored cooking oil (such as safflower or grape seed)
- 1 28-oz BPA-free can whole tomatoes, drained
- 4 cloves garlic
- 1 jalapeño chile pepper, halved lengthwise, stemmed and seeded
- 1½ tsp ground cumin

- 1½ tsp dried oregano
- ½ tsp sea salt
- 1 white onion, cut into 8 chunks, divided
- 2 cups shredded cooked chicken breast
- ½ avocado, diced or sliced
- ¼ cup crumbled queso fresco (**NOTE:** If you can't find queso fresco, substitute with crumbled goat or feta cheese)
- 2 tbsp chopped fresh cilantro leaves

INSTRUCTIONS:

ONE: Preheat oven to 425°F.

TWO: Meanwhile, heat a large ovenproof skillet on medium. Add chiles and cook, pressing into skillet, until darkened, 30 to 60 seconds per side. Transfer chiles to a medium bowl and cover with 2 cups boiling water, or more as necessary to cover. Set aside for 10 minutes.

THREE: Meanwhile, brush tortillas on both sides with oil, then cut into quarters. Arrange in even layers on 2 large rimmed baking sheets and bake until crisp and lightly browned, 13 to 15 minutes, switching positions of baking sheets halfway through. Set chips aside and reduce oven to 250°F.

FOUR: Drain chiles, reserving soaking liquid. In a blender, combine chiles, tomatoes, garlic, jalapeño, cumin, oregano, salt, 7 chunks onion and 1 cup soaking liquid and process to purée. Return skillet to high heat, add chile mixture and bring to a boil. Reduce to a simmer and cook, stirring occasionally, until slightly thickened, about 10 minutes.

FIVE: Add chips and chicken to skillet, gently stirring to coat chips with sauce.

Return to a simmer, then remove from heat. Cover loosely with foil, transfer to oven and bake until chips have some crisp parts and some soft ones, about 15 minutes. (**NOTE:** Skip baking if you prefer the chips crunchy, or bake longer if you want the chips entirely soft.)

SIX: Carefully remove skillet from oven. Slice remaining 1 chunk onion and sprinkle on top of chilaquiles, along with avocado, queso fresco and cilantro. Serve hot.

NUTRIENTS PER SERVING (1½ CUPS):

CALORIES: 338, **TOTAL FAT:** 11 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 5 g, **CARBS:** 35 g, **FIBER:** 5.5 g, **SUGARS:** 3 g, **PROTEIN:** 21 g, **SODIUM:** 269 mg, **CHOLESTEROL:** 43 mg



Prime Processors

The food processor is a jack-of-all-trades kitchen appliance – you can use it to mix, slice, shred, mince and more, making it a versatile tool in prepping your clean meals. BY ANDREA GOURGY

YOUR FOOD PROCESSOR CHECKLIST

A food processor is an amazing tool when you're cooking for a larger family or for batch cooking. It can cut down on chopping time, purée sauces, grind meat and even knead dough. The downside is that it can take up a lot of space, so you want to be sure you get only what you need.

Attachments: Processors can come with a laundry list of attachments, which can add to the price tag and take up extra space. Determine which attachments you're likely to use before purchasing.

Size of Bowl: If you're cooking for a family, we suggest a bowl that's at least 10 cups. Some machines also come with a mini chopping bowl insert for smaller batches.

Size of Feed Tube: A wider feed tube makes it easier to input food without having to pre-cut, saving you time.

Power: A higher wattage makes for a more powerful motor to tackle tough tasks like kneading dough.

1 KitchenAid 13-Cup Food Processor with ExactSlice System

If you do a lot of slicing, this is the model for you. This 420-watt processor actually allows you to adjust the size of your slices without stopping to change blades.

PRO: A 3-piece feed tube accommodates different shapes and sizes of food.

CON: Food can occasionally get stuck in the lid behind the feed tube.

\$250, kitchenaid.com

THE MASTERSLICER

2 the Breville Sous Chef

With a 1,200-watt motor, there's no task too tough for this processor. A 16-cup bowl capacity, a 2½-cup mini bowl for smaller jobs and 24 settings on the slicing disk make this a machine to be reckoned with.

PRO: Has a wide array of attachments including a French fry disk, dough blade and whisking disk.

CON: You need to remove the adjustable slicing disk from the unit to change the size settings.

\$400, brevilleusa.com

THE POWERHOUSE

3 Cuisinart Elite Collection 14-Cup Food Processor

Cuisinart is a veteran of the food processor game, and this 1,000-watt model with adjustable slicing disk and watertight seal on the lid demonstrates the company's thoughtful design.

PRO: Comes with two smaller working bowls (4½-cup and 11-cup), making it versatile enough to handle any size job.

CON: The base is heavier than most.

\$299, cuisinart.com

THE TRIED AND TRUE

4 Hamilton Beach Stack & Snap 12-Cup Food Processor

This 450-watt processor is so easy to use – simply put the bowl on the base and snap on the lid. With sticky feet to prevent slipping, this is a great model that can tackle all your blending, puréeing, chopping and shredding.

PRO: It's lighter and takes up slightly less space than some other models.

CON: Comes with just the "S" blade and the reversible shredding/slicing disk.

\$70, hamiltonbeach.com

THE THRIFTY



Build a Better Juice

When I hit a new town, I immediately look for a juice bar. When I am stuck for something to eat, I reach for green juice. When I was helping to minimize the damage of lung cancer for my late husband, Bob, I was green juicing for him every day. The cold-pressed juicing market is a \$100 million-a-year trend turned habit that is here to stay. Here's how to build a superior juice.



The process of extracting the liquid component from living plants has been practiced since ancient times, when the Dead Seas Scrolls mentioned how a desert tribe in ancient Israel “pounded mash of pomegranate and fig” to achieve “profound strength and subtle form.” Today, health-conscious individuals have given themselves over to juicing as a way of upping their nutritional ante. I personally have enjoyed wheatgrass shots, which are nothing more than the young blades of wheat run through a masticating juicer, yielding a mildly grassy, deeply green juice rich with chlorophyll, which is similar to the molecular structure of hemoglobin, the oxygen-carrying protein in our body’s red blood cells. But how do we concoct the best juice combos that deliver the maximum nutritional mother lode? It can’t be all about fruit. Too much of the saccharine stuff causes our blood sugar levels to skyrocket and then crash, and can lead to blood sugar dysregulation, obesity and diseases such as type 2 diabetes.

Let’s deconstruct the ideal architecture of a nutritionally balanced raw juice. According to Uzzi Reiss, MD, a leading expert in anti-aging medicine, bitter foods contribute a heavy payload of detoxifying and antioxidant phytonutrients. He recommends juicing watercress and parsley to help fight cancer and inflammation, something I did for my late husband, Robert, when we were trying to mitigate his lung cancer. I have kept that up, always including bitter green plants like those Reiss recommends, along with broccoli rabe, celery and other cruciferous vegetables, radicchio and endive, in my green juice mix. Start every raw juice concoction with bitter plants.

Be sure to include plenty of greens and then top it off with a finishing note of sweetness as opposed to leading with fruit and adding a single green ingredient. Fruits in themselves are not bad, but use them judiciously at the end of your juicing process. Build a strong juice foundation using kale, chard, spinach, collards, dandelion, romaine and other deep green leaves. These are ideal for juicing as they yield plenty of nutrients while also delivering that mildly grassy flavor and a hit of verdant color.

Don’t forget to consider using herbs as part of your juicing regimen, as herbs deliver their own highly concentrated phytonutrients. Basil, cress, cilantro and chicory are pleasantly flavored herbs that dial up the nutritional value of your green juice. At first glance, you may not consider juicing the roots of ginger or

turmeric and maybe not even garlic, but these outliers are potent foods that pack heavy immune-boosting and anti-inflammatory benefits.

With all that green, it’s time to add a sweet note. But don’t mistake me – not all sweetness comes from fruit. Carrots, beets and cucumbers are sweet vegetables that can star in your elixir. They juice easily, yielding vibrant colors foretelling of their nutritional impact. You can also try juicing watermelon for its anti-inflammatory power, or try adding pears, apples and other stone fruits to the mix for sweet, clear flavor. The usual cast of berries also contribute delicious flavors and antioxidants, and pineapple is a lovely addition to clean green drinks, too.

My only caution about juicing, as good as it is, is that juice alone does not make an ideal diet. When you juice, you lose vital parts of the plant including fiber from the peel, seeds and skin. You already know how valuable such fibrous components are for bowel health, but they are also necessary for helping to manage blood sugar swings. So juice for your health, but be smart about your recipe by including greens, bitters and sweets in an intelligent blend of four greens to every one fruit.



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When **nutritional therapy practitioner** **Tosca Reno** was raising five children under one roof she still managed to write numerous books such as *New York Times* best seller *Your Best Body Now* (Harlequin, 2010), and *Tosca Reno's Eat Clean Cookbook* (Robert Kennedy Publishing, 2009). Order copies of her books at toscareno.com.



◀ NOODLIN' AROUND

The four-piece Eataly Pasta Tool Set lets you make a variety of soul-satisfying pastas the traditional way. The set contains spaghetti and gnocchi makers and two ravioli presses, plus it comes with four recipes for putting your new tools to the test.

\$38, momastore.org

ECO BAKING

With a carbon steel construction that distributes heat evenly and an environmentally friendly ceramic nonstick coating free of chemicals like PFOA and PTFE, the Viking Ceramic Coated Round Cake Pan produces perfect, moist cakes every time.

\$25, wayfair.com ▼



spring's hottest NEW KITCHEN TOOLS

Cook your way to recipe success with our shopping guide to the season's best culinary gadgets and accessories. BY LAURA SCHOBER



◀ SCRUB-A-DUB-DUB

Umbra's Rafael Urdaneta Tub Dish Rack in Avocado brightens your kitchen counter with its eye-catching hue. It comes equipped with a self-draining spout, utensil holder and easy-to-grasp handles.

\$15, umbra.com

▲ MAKE IT ROCK

Made of gorgeous natural marble, the CB2 Marble Two-Tier Server takes your baked goods, nuts, cheeses and charcuterie to new heights.

\$45, cb2.com



TRUE BLUE ▶

Warmer weather calls for brightly colored serveware, and the lightweight Carmelo Melamine Dip Bowl in Aqua is a vibrant option for serving condiments and dips when patio season kicks into gear.

\$4, pier1.com



PLAYFUL PLATTERS ▼

Whether you need something to serve cocktails, organize household items or display magazines and books, these 12 x 2.25-inch Square Lacquer Trays are both space saving and versatile.

\$29 to \$34, westelm.com



SPEEDY DE-STEMMER ▲

In mere seconds, the dishwasher-safe Chef'n LooseLeaf Kale and Green Stripper quickly and efficiently removes leaves from the stems of greens such as kale and thyme. This is sure to become a go-to tool in your clean kitchen.

\$8, chefn.com



Editors' Choice

PRODUCE PRESERVER

Did you know that consumers waste about 25% of the fruits and vegetables they buy? Reduce your carbon footprint with the OXO Good Grips GreenSaver Activated Carbon System, which helps extend the life of your food with its cutting-edge natural technology that keeps produce fresher for longer. The set includes produce-keeper baskets and crisper inserts as well as carbon filters made from charred coconut husks to absorb spoilage-promoting ethylene gas and prevent it from reaching your precious produce.

\$6 to \$25, oxo.com

◀ OFF THE WALL

Don't let the minimalist design of the Set a Sleek Scene Wall Planter fool you – once it's mounted to the wall, its metal exterior and cylindrical design set the backdrop for your plants to take center stage.

\$20, modcloth.com



IN THE CLEAR ▼

The Kuhn Rikon Knife Block allows you to store knives of various sizes – up to 8 inches long – while its clear utilitarian base provides a novel way to show off your knife collection.

\$40, amazon.com



◀ TOTES IN LOVE

Bust out this Farmers' Market Tote for your next trip to the market and load it up with fresh produce, cheeses, meats and other clean eats you can use for this issue's delicious recipes.

\$15, crateandbarrel.com



JUNE: THE EASY ISSUE

Next Issue

Hits newsstands May 19, 2015



SENSATIONAL SUMMER SALADS:

Six tantalizing new twists on salads featuring the season's best fruits and vegetables and topped with all the lip-smacking fixings.



CORN STARS:

Four amazingly creative schmears for summer market-fresh cobs.



FRUIT'S SAVORY SIDE:

Seasonal fruits take a leading role in your savory mains.



KITCHEN CONFIDENTIAL:

Delicious jam-jar salad dressings you can make at home.

eat smart // try this... with that

Mix 'n' Match Meals

Choose from these 4 perfectly paired meal combos for mouthwatering results.

MENU 1 MIDDAY MEAL:

MENU 1



+



=

413

Calories

French Onion Soup with Bacon & Cheesy Baguette, p. 68
Sautéed Chicory Salad, p. 35

MENU 2 BREAKFAST IN BED:

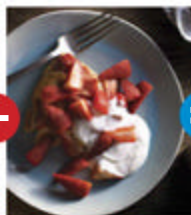
MENU 2



+



+



=

332

Calories
(when shared
between two)

Cinnamon Raisin Banana French Toast Casserole with Oat Crumble, p. 63
Spring Frittata with Lemon, Artichoke & Peas, p. 68
Balsamic Roasted Strawberry Clafouti, p. 63

MENU 3 FEAST ON GLUTEN-FREE:

MENU 3



+



=

536

Calories

Ginger Basil Beef Stir-Fry with Brown Rice Vermicelli, p. 40
Gluten-Free Pistachio Cranberry Biscotti with Dark Chocolate Drizzle, p. 88

MENU 4 TANTALIZING TEX MEX:

MENU 4



+



=

570

Calories

Chilaquiles (enjoy half a serving as an appetizer), p. 79
Slow-Cooker Pulled Pork Sandwiches, p. 33

CORN BRENT HOFACKER/SHUTTERSTOCK, SALAD DRESSING VANILLA/ACHOES/SHUTTERSTOCK, SALAD OLGA AFANASIEVA/SHUTTERSTOCK

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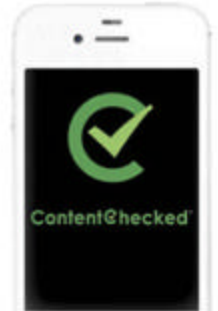


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Gluten-Free Pistachio Cranberry Biscotti

WITH DARK CHOCOLATE DRIZZLE

MAKES 40 BISCOITTI.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES (PLUS COOLING TIME).

INGREDIENTS:

- 1¾ cups almond flour
(**TIP:** Look for finely ground almond flour, not almond meal; we are currently obsessed with King Arthur Almond Flour.)
- ¾ cup brown rice flour, plus additional for dusting
- ½ tsp baking powder
(**NOTE:** If you're baking for people who are intolerant to gluten, make sure to look for gluten-free brands of baking powder such as Bob's Red Mill.)
- ¼ tsp sea salt
- ½ cup organic unsalted butter, room temperature
- ½ cup organic evaporated cane juice
- 2 large eggs
- 1 tsp pure almond extract
- 1 tsp pure vanilla extract
- 1 tsp orange zest, plus 2 tbsp fresh orange juice
- ½ cup unsalted shelled pistachios
- ½ cup unsweetened dried cranberries
- 2 oz dark chocolate (70% to 85%), coarsely chopped

INSTRUCTIONS:

ONE: Preheat oven to 325°F. In a medium bowl, combine flours, baking powder and salt. In a large mixing bowl, using a handheld electric mixer on medium speed, beat butter and cane juice until light and fluffy, about 2 minutes; add eggs one at time, beating after each addition. To liquid mixture, add almond and vanilla extracts, orange zest and juice; beat until combined. Add dry ingredients to liquid ingredients and beat on low until just combined. Using a spatula, fold in pistachios and cranberries.

TWO: Turn dough out onto a lightly floured surface and knead gently 3 to 4 times. Divide dough into 4 sections; using your hands, form each piece into a 7½-inch log. Transfer logs to a large parchment-lined baking sheet and flatten slightly. (**NOTE:** Flattened logs measure about 7½ inches long by 2 inches wide and 1 inch high.) Bake until logs are golden and just beginning to brown on the bottom, 28 to 30 minutes. Set aside on sheet until cool enough to handle, about 15 minutes.

THREE: Using a serrated knife, carefully slice each log crosswise

into 10 ¾-inch-thick slices (to make 40 pieces total). Lay slices on their sides on baking sheet. Return baking sheet to oven and continue baking until golden brown, 17 to 20 minutes more. Cool completely on sheet.

FOUR: In the top of a double boiler or in a small saucepan over a pot of boiling water, melt chocolate. Stand biscotti up and line them up tightly. Using the tines of a fork, drizzle tops of biscotti with melted chocolate. Allow chocolate to firm up then transfer cookies to an airtight container. 🍪

NUTRIENTS PER SERVING (1 BISCOITTI):

CALORIES: 92, **TOTAL FAT:** 6 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 7 g, **FIBER:** 1 g, **SUGARS:** 3 g, **PROTEIN:** 2 g, **SODIUM:** 21 mg, **CHOLESTEROL:** 15 mg

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